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November 2015 issue 359



Houses & gardens

- 13 **EMPORIUM** New ideas to add a touch of country style to your home
- 22 **CATCH A FALLING LEAF** Capture the beauty and bounty of autumn with these simple projects inspired by the colours and finds of the season
- 34 VINTAGE RUSTIC A passion for the flea markets of France is showcased to inspiring effect in a stylish Danish property
- 122 **FIRE THE IMAGINATION** Discover the best ways to keep every room cosy and welcoming while maintaining a sense of style
- GARDEN NOTES Everything you need to know to get the most from your plot
- 156 **BOHEMIAN RHAPSODY** A bold, distinctive palette, Scandinavian influences and an eclectic mix of fascinating vintage pieces bring colourful character to a country-in-the-city home
- 164 A SENSE OF SYMMETRY Thoughtful planting and clever use of structural features provide year-round interest and beauty in an elegant and highly original Scottish garden

Features

- 58 **HOMAGE TO THE HEDGEHOG** How we can all help to provide safer habitats for this symbol of the British countryside
- 89 **LET YOUR TALENT SHINE** Celebrating home-grown skills, we meet women making the most of their hobby. This month: the breadmaker
- A PASSION FOR PRINT Using traditional techniques and a bright, retro palette, artist Tom Frost creates evocative images of flora and fauna at his studio in rural Carmarthenshire
- 106 **FOODIES OF THE FUTURE** Artisan cheese served in a picnic box, hand-cured bacon by post and mushrooms to grow at home... three young producers are delivering a fresh take on seasonal flavours to savour
- 117 **CANINE COMPANION** How to choose the perfect dog for your lifestyle. Part three: family-friendly dogs
- 134 **A THRIVING FUTURE** Our 2015 charity of the year enables those with mental and physical difficulties to achieve by harnessing the therapeutic power of gardening

and log fires page 122
Decorate with colour
page 156 Harvest
suppers pages 76
and 172 Seasonal
inspiration page 22
Five of the best
bonfires page 50 Plan

ON THE COVERWoodburners, ranges

your plot **page 164**Explore North
Yorkshire **page 142**



countryliving.co.uk NOVEMBER 2015 🚅 05



142 **EXPLORE: NIDDERDALE** Find moorland, ancient meadows, stone-built villages and sheltered river valleys in this Area of Outstanding Natural Beauty in North Yorkshire

151 **MEET THE URBAN ARTISANS** The three knifemakers of Blenheim Forge in Peckham

Food & drink

76 IN HARMONY WITH NATURE Delicious recipes from a Herefordshire smallholding

172 **SARAH RAVEN'S SUPERFOODS** The cook and gardener picks the healthiest fresh produce to eat in November: apples

Health & beauty

183 **BLOOMS IN A BOTTLE** Traditional cottage-garden scents are being given a fresh twist by today's top perfumers in a collection of evocative floral fragrances

189 **HEALTH NOTES** Improve your wellbeing the natural way with our round-up from the world of health and beauty

News & views

47 A MONTH IN THE COUNTRY
What to do, where to go, ideas to try
and simple pleasures to enjoy
throughout November

191 **WHERE TO BUY** Stockist details

193 **NEXT MONTH** in *Country Living*

226 MY COUNTRYSIDE Chris Beardshaw

Reader offers

56 COUNTRY LIVING STATIONERY Order your 2016 diary, calendar and address book

64 **SUBSCRIBE** to Country Living

67 COME TO OUR CHRISTMAS FAIR! Enjoy a discount on advance tickets

181 COUNTRY LIVING PAINT COLLECTION
Our stylish range by Marston & Langinger

194 COUNTRY LIVING READER OFFERS

Save on a selection of stylish items for your home and garden, along with great holidays

MODERN RUSTIC 4 The latest bookazine in our series on contemporary country style

TO RENEW OR TAKE OUT A SUBSCRIPTION See page 64 for details

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nice'n easy

CLAIROL

Christina Hendricks in Nice'n Easy 8G Natural Honey Blonde

*based on 12 months IRI colourants unit sales ending January 2015. ©2015 P&G

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FIRST WORDS FROM THE EDITOR













Home comforts...

is the theme for this issue – the perfect choice as we move through autumn towards winter. And nothing says comfort quite like a log fire. The flickering movement of the flames, the colours of yellow, red and orange, plus the scent of wood smoke all provide a timeless reassurance that epitomises home. What nicer way, then, to extend the evergrowing range of *Country Living* merchandise than by having our very own woodburner? The Bembridge stove is designed and made exclusively for us on the Isle of Wight by family firm Charnwood. It comes in five colours, including French Grey shown here and featuring on this month's cover. For more details, see page 122. For the ideal companion, try the tapered log basket below (and on page 196).* The beauty of autumn is encapsulated by the leaves that change colour on the trees and then fall to be crunched underfoot. Collect them while you can and have fun following our craft projects on page 22 to bring a sense of the season inside. For most, comfort means food and there is no shortage of delicious recipes: Sarah Raven (page 172) is cooking with apples, and on page 76 we feature ideas from a Herefordshire smallholding, then you can meet the *Foodies of the Future* on page 106 and stock up on their artisan produce.



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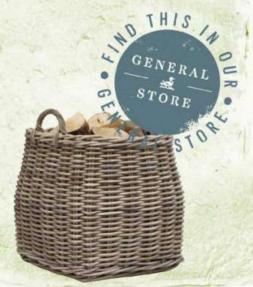
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Country Living Christmas Fair



11-15 November 2015

Jan Constantine's hand-embroidered wool felt star is perfect for hanging on a tree or door (21cm x 21cm). £28 (stand VG40; shop.countryliving.co.uk)



This eye-catching melamine cheeseboard features a typographical design originally written in chalk, £15 (stand MB24; haveagander.biz)



Reusable fabric Christmas crackers with woodland-inspired designs, £12.50 each/£64.50 for gift box of six (stand MF19; katesprostondesign.com)

Add seasonal charm to the table with these robin and mistletoe napkins, £13/set of four (stand MF27; sophieallport.com)



Jolly handmade Christmas pudding textile brooch, £13.30 (stand MF30; katie-essam.co.uk)



This Ruby gift hamper includes sweet treats, from handmade chocolates to a traditional Christmas pudding, £65 (stand F59; thecarvedangel.com)

For more information and to book tickets, visit countrylivingfair.com

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Country Living Christmas Fair



19-22 November 2015

Keep cosy and warm with this stylish alpaca pom-pom cable-knit hat, £67 (stand D58; samanthaholmes.com)

> The perfect stocking filler, this handmade of flavours, including Bailey's and White Chocolate (shown),

> > Add a festive

touch with this

felt fox terrier on skis decoration (10cm) by Amica

Accessories, £9 (stand G4; shop. countryliving. co.uk)

fudge comes in a variety £1.80 per bar (stand F18; ochilfudgepantry.co.uk)

Demijohn sells a collection of distinctive vinegars, oils and liqueurs, such as this Bramble Vinegar, £1.90/100ml (stand

with two-tone spot design, £7.99 (stand G1; earthsquared.com)

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F20; demijohn.co.uk)

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Country Living Christmas Fair HARRES LA



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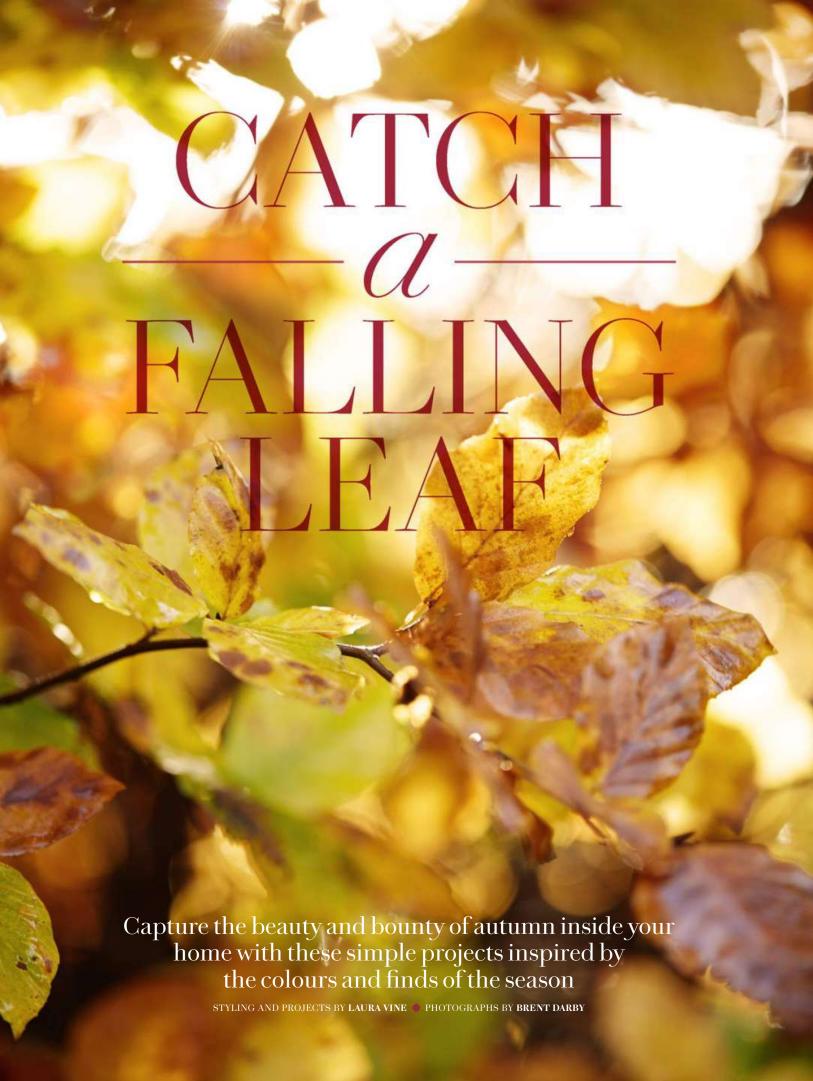
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SEASONAL INSPIRATION



STATIONERY

Use graphic, colourful papers to line envelopes and then make simple designs and patterns on plain card using stamps and a variety of inks in rich, evocative tones.

Envelopes and cards, from a selection, Paperchase. Hand-printed papers, £4.50 (pack of 24 sheets), Imprint. Stamps and ink pads, from a selection, The English Stamp Company. Vintage scissors, £32; A4 rag paper, 40p/sheet: all Baileys



FEATHER COLLAGE

Use natural finds to make a handmade piece of art. Here, a collection of feathers has been stuck onto a piece of artist's watercolour paper, then mounted in a deep frame.

Memory-box frame, £20, Hobbycraft. Watercolour paper, from £1/sheet, Paperchase. Felt polar bear, from a selection, Parma Violet. Large 'If' matchbox, from a selection, The Hambledon Gallery. Small milk bottle with spout, £4.50, Baileys



APPLIQUÉ CUSHION

Add seasonal shades to your home with this stylish cover.

Three panels are decorated with leaf motifs made with layers of felt and shirting fabric remnants, adorned with coloured buttons and a copper ribbon tie.

Panels in Bullfinch and Savannah linen, both £32.75/m; Mango linen, £26/m: all Tinsmiths. Cushion by Fermoie, £75, Benchmark. Lampshade in Harvest Hare linen, £54/m, St Jude's



LEAF GARLAND

Press a variety of leaves between sheets of newspaper, weighted down under books. Attach the dried leaves to a piece of string with miniature pegs and hang over a table or cupboard.

Pegs, £1.75 (pack of 25); metallic gold baker's twine, £2.90: both Pipii. Coloured glasses, £30 each; cup and saucer by Linda Bloomfield, £25: all Benchmark. China and glass, from a selection, Brown & White Antiques and Divertimenti

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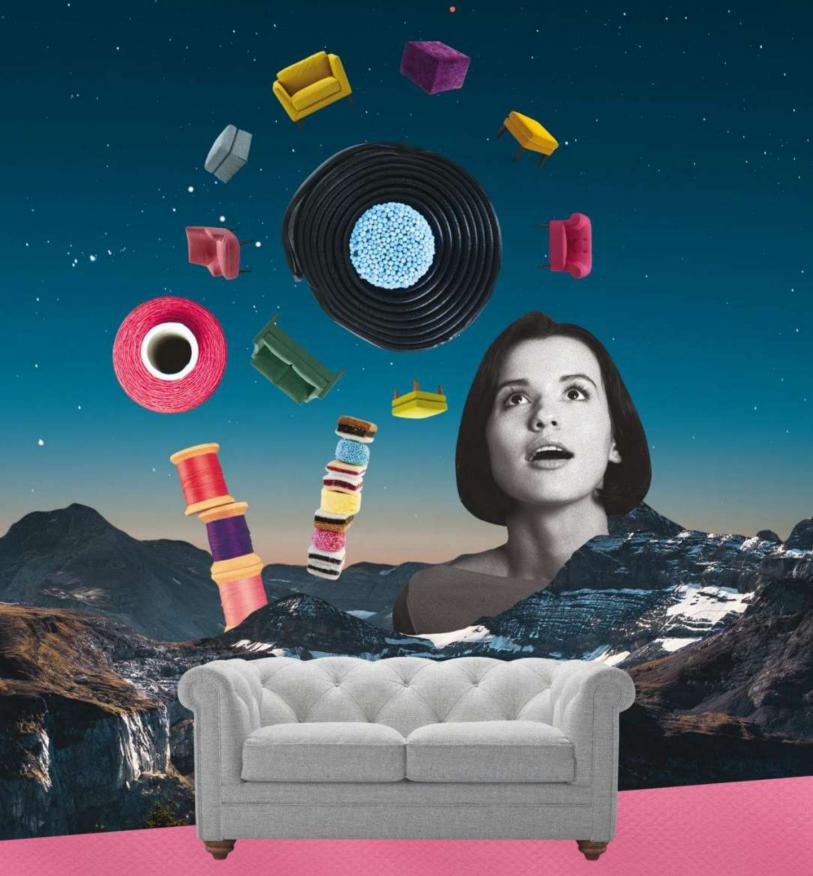
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INTERIORS









ollow the path towards Annette Page's wooden house, passing majestic chestnut trees and thick box hedges along the way, and you will immediately begin to get a sense of her style. Secluded, sheltered terraces provide all-year-round seating areas filled with some of her favourite pieces – weathered metal café chairs, tables and benches, graceful stone urns overflowing with plants, and elegant lanterns. The property lies in an idyllic intersection of rivers, valleys and forested hills in the south-east of Denmark's Jutland peninsula but the garden and interior have a decidedly French flavour – there's even a boules court in the grounds for husband Franck. Annette's work as an interior decorator has taken her

around the world over the years. Realising it would be a great advantage to be able to speak French, she decided to study the language in France where she met Franck – they then lived on the Ile de Ré before moving to this house in 2012. "It's on the edge of the market town of Vejle but feels very close to nature," she says. "We can sit inside and watch deer roaming around the garden."

The building dates back to 1912 and needed to be completely renovated, allowing Annette to stamp her own style from the outset – a clever mix of vintage French and Danish modern rustic pieces, with wooden country furniture, soft textiles and worn leather juxtaposed with industrial elements to create character and individuality. Nearly all of the furniture comes from









France. Annette travels there at least once a month to scour the flea markets and antiques shops for handcrafted items that suit her style – many are sold through her online shop, Ezpace, but prized finds are often given a place in her own home. An outbuilding in the garden has been turned into a small showroom, where customers can browse her collection.

Beginning with the black and white painted exterior, the palette throughout is virtually monochrome: "I think it's because I use so much colour in my interior design work that I now feel the need to live with much more subdued shades." So, in the small but functional kitchen, one wall has been painted black to add depth and contrast to the otherwise all-white scheme while emphasising the industrial-style elements – large metal pendant lamps, a contemporary extractor and woodburner, with bar stools topped with original tractor seats. An old enamel sign from a coal dealer makes an individual splashback, zinc trays provide neat storage for an array of utensils and herbs, and a vintage dentist's cabinet houses cutlery and napkins. In the laundry beyond,

OPPOSITE Shades of white and bleached floorboards create a tranquil feel in the open-plan dining room and offset Annette's many vintage finds THIS PAGE In the kitchen, she made the bold decision to paint the back wall entirely in black to introduce extra depth to the small space

A long dining table provides a natural meeting point – light streams into the room from the conservatory beyond

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INTERIORS







CLOCKWISE, FROM ABOVE LEFT A still-life arrangement with natural finds from the garden; the striking paper lantern above

Annette's desk was bought at a Danish flea market; cushions made from old Belgian postal sacks continue the vintage mood

open wooden shelves display pieces of blue and white country china, which introduce a rare touch of pattern to the interior.

In the open-plan dining area, a long, glossy white table is the natural meeting point in the house for friends and family. It's surrounded by a treasured collection of metal chairs by Belgian company Fibrocit, each one softened by a natural fleece. Bleached floorboards, pale walls and a display of silvered candlesticks help to reflect the light and increase the sense of space.

Annette loves to recycle old fabrics and objects into accessories for her home. In the tranquil sitting room, wooden wine crates have been mounted on the wall to create rustic shelving, and cushions have been made from old postal sacks. The elegant chandelier that hangs above the sofa adds a striking counterbalance, while a beautifully weathered leather club chair provides the perfect spot for dachshund Max's afternoon snoozes.

Until the winter chill sets in, the couple spend much of their time in the conservatory, where a huge grapevine planted four years ago trails underneath the glass ceiling and gives the room a Mediterranean atmosphere. A pair of wooden garden chairs have been part-painted in black to increase the inside-outside feel. The relaxed rustic mood continues upstairs. In the main



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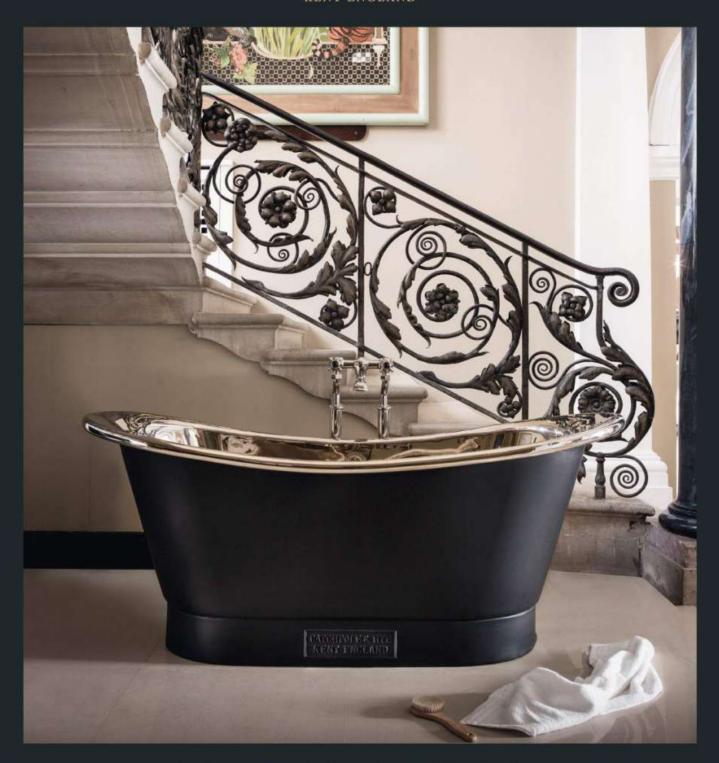
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COLLING WHAT TO SEE November



LOOK UP TO THE SKY

eep an eye out at sunset this month and you may be lucky enough to see /nature's own aerobatic display - starling murmurations. Watching these vast ornithological gatherings swooping and diving, silhouetted against the apricot and mauve skies of November dusk, is one of the most remarkable sights of the season. Caused in part by a swell in the common starling (Sturmus vulgaris) population, as immigrant birds arrive from Europe attracted by Britain's milder Atlantic climate, the phenomenon, which can include more than 50,000 birds, is largely unexplained. For years, the mesmeric movement has fascinated scientists and mathematicians, as there is no clear leader of the group to explain the unison of their flight. Instead, the changing shapes rely on each bird following the lead of their neighbour. Sightings are most common in rural areas, particularly around nature reserves.



BY NOVEMBER, ALL BUT THE hardiest of the cattle are inside for the winter, and so the routine of feeding, bedding and mucking out begins. It's the start of a regime that will continue until turn-out in March or April. The dairy cows have finished calving and the calf house is full of babies with their foster mums. Such a



role is performed by older, 'retired' dairy cows – it's quite unusual to do this but I believe they deserve an easier time after years of working hard to provide us humans with milk. In the first week of November, the rams go in with the ewes; gestation is five months, so they will lamb as the grass starts growing in



April. It's a lot to fit into the shortening days. For more about Helen's farm, see helenbrounings organic.co.uk.



THIS IS A GREAT
TIME OF YEAR TO
put up nest boxes,
since birds such as
blue and great tits
may use them as
winter roosting sites,
testing their security
and weather resistance
with a view to using
them the following
spring. Different
species have varying
tastes with regard

to box design and

location, but, as a

IN NATURE Naturalist Simon King offers tips about the wild visitors you will see in your garden

general rule, place yours at least ten metres away from any feeding station, more than 2.5 metres off the ground and, if in an exposed site, ideally facing east or north-east (you are trying to avoid the box sitting in the full glare of late spring sunshine). Open-fronted boxes can be sited lower down, on an ivv-covered wall, or even inside an outbuilding assuming



there's access via an open window or door. To learn about Simon's work, see simonking wildlife.com.

COMPILED BY ANNA JURY AND CHARLOTTE DEAR

ENJOY A SLOW SUNDAY

Why not set aside one day a week to savour the simple pleasures in life?



LEARN HOW TO KNIT

s the evenings draw in, there's something supremely comforting about the gentle click-clack of knitting needles beside a fire. For those of us who didn't learn the skills of casting on and off as a child, it's easier than you'd think to learn. A recent resurgence of popularity has seen knitting groups spring up in village halls, craft shops and even pubs across the country. Alternatively, teach yourself using the plethora of YouTube tutorials and beautiful books available such as *Knitty Gritty: Knitting for the Absolute Beginner* (A&C Black, £14.99) or *Knit Step by Step* (DK, £12.99). For a simple scarf, all you require are the needles and wool – there's no need to follow a pattern. The two basic stitches are garter (also known as knit stitch) and purl. You can do all garter stitch or alternate the two for a ribbed scarf to wear in winter.



GET SOME SPARKLE

Take an early-morning walk in the countryside on crisp, clear, frosty mornings. Observe how seed heads and spiders' webs are transformed into 'diamond'-encrusted sculptures.



FEED THE BIRDS

You don't need a fancy bird table to enjoy the sight of avian visitors in your garden. Clean, recycled drink bottles will suffice – just cut two small holes towards the bottom (one either side of the bottle) and insert a stick for a perch. Make another 3/cm hole 4cm higher up. Fill with mixed seeds.



A SIMPLE MAKE.. POTATO-PRINT FURNITURE

This nostalgic technique creates pretty results

- Apply two coats of eggshell paint to your chosen piece of furniture and leave it to dry.
- Slice a potato in half lengthways, making it as even as possible.
- Thoose a pattern and draw it onto the flat surface of the potato, or stencil it on by resting the piece of paper with the pattern on the potato half and using a pin to pierce along the outline of the shape.
- 4 Holding the potato half steady, cut around the shape to a lcm depth with a sharp craft knife.
- 6 Apply an even coat of paint to the potato stamp using a brush or roller.
- 6 Practise using the stamp on a piece of paper first. Once you get the hang of it, make a start on your furniture.
- Apply the stamp in an even, repeat pattern or, for a unique finish, try a more random one. Allow to dry.

COURSES... IN CANDLE MAKING

- Candle Making Rowan Tree Studio, Burscott, Bideford, Devon Using eco-friendly materials, you will create container candles, pillar candles and dipped candles with beeswax on this one-day course. 29 November, £50 (01237 431942; rowantreestudio.co.uk).
- 2 Learn How To Make Candles Wax The Matter, Cardigan, Pembrokeshire Work with soy, rapeseed, beeswax and paraffin gel wax to make different types of candles. *Flexible dates*, £60 (01239 881227; waxthematter.co.uk).
- Beeswax Christmas Candles Humble by Nature, Penallt, Nr Monmouth Find out how to create beeswax candles and blend essential oils to fragrance them at Kate Humble's smallholding. 13 November, £40 (01600 714595; humblebynature.com).

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MEET A COUNTRY CHARACTER



Ellie Crossley has an unusual claim to fame - she is the UK's only genuine cowgirl. After growing up in Dorset surrounded by pets, Ellie studied countryside management at agricultural college as she knew she wanted to work with animals. When she saw that Northumberland's Chillingham Estate was advertising for a new warden to look after the world's only herd of wild cattle, she didn't hesitate. These untamed beasts have roamed the area around this 330-acre park for 700 years but, with only about 100 left in existence, they are more rare than the giant panda. As warden, it is Ellie's job to check the herd daily, noting any new calves - born all year round - and, during winter when grass is sparse, provide them with extra sustenance. "I have an understanding with the wild cattle," Ellie says. "I treat them with respect and they respect me in return." Learn more about the herd at chillinghamwildcattle.com.

WHAT'S IN A NAME?

Regis

Latinised place-name component meaning 'of the king', indicating that a manor was once held by the Crown, as at Lyme Regis in Dorset.*



NEWS YOU CAN USE

Metallic-hued kingfishers skimming the water's surface, sleek otters grooming themselves on a riverbank, water voles diving into the deep, and majestic marsh harriers hovering over reed beds. When was the last time you witnessed a scene like this unfold? These animals and many more depend on Britain's wetlands to provide them with the habitat and food they need to survive and this month The Wildlife Trusts are asking people to show their support by taking part in Wetland Wildlife Weekend on 21-22 November. The activities taking place on the 30 wetland sites such as Hickling Broad in Norfolk (above) include guided walks, pond safaris and bird-watching sessions. Or you can discover the best places to see otters, dragonflies and damselflies (and don't forget your spotter sheet so you can tick off species along the way). Learn more at wildlifetrusts.org/wetlands.



For history Leeds Castle, Kent; 7 Nov Fire juggling and music precede a fireworks extravaganza above the 900year-old castle and lake as night falls (leeds-castle.com).



4

Fortradition Lewes, East Sussex; 5 Nov Arguably Britain's biggest. Marching bands parade the medieval cobbled streets while bonfires illuminate the hills (lewesbonfirecelebrations.com).

For atmosphere Himley

Bonfire & Fireworks, Dudley,

Staffordshire; 7 Nov Evocative

music fills the air as this display

illuminates country house, lake

and woodland (dudley.gov.uk).



2

For thrill-seekers Tar Barrels, Ottery St Mary, Devon; 5 Nov Flaming barrels of tar are carried in the streets before a midnight rendition of Auld Lang Syne (otterytarbarrels.co.uk).

5

For scenery Fireworks Spectacular, Aberdeen; 5 Nov The Winter Festival starts with a charity fire walk, then a display at the beach (aberdeen investlivevisit.co.uk).



FROM YOUR ARMCHAIR



Experience the Lakes through a shepherd's eyes by reading this beautifully illustrated first-hand account of a disappearing way of life, by James Rebanks (Allan Lane, £16.99).**





CLOCKWISE, FROM LEFT Stroll on the beach at Aldeburgh; stock up on local ales at Adnams' store in the town: the old cinema; sample freshly smoked kippers from the fishermen's huts

FURTHER

Head to the small village of Dunwich, most of which has disappeared into the sea due to coastal erosion, where children scour the beach for remains of sunken gravevards - legend has it that the church spires can be spotted at low tide. Spend a day strolling by the river, and antiques and gift shopping at Snape Maltings - time your visit to coincide with a show in the famed Concert Hall. At the RSPB nature reserve Minsmere (above), enjoy the views from the hides high among oak trees and listen out for the booming call of the elusive bittern.





A NIGHT AND A DAY IN... ALDEBURGH

Stay...

Right in the heart of this historic Suffolk coastal town at 207 High Street, a traditional self-catering cottage with its own sunroom, master bedroom with balcony, and garden. The property has been renovated to an immaculate standard with space for up to six guests. Breakfast on locally sourced bacon and sausages from Salter & King Craft Butchers, pastries from Lawson's Delicatessen, both on the High Street, or freshly smoked kippers from the fishermen's huts along the shoreline (O1394 38919; suffolkcottageholidays. com/property/337/207-High-Street-Aldeburgh).

GET IN TOUCH CEBOOK.COM/ OUNTRYLIVING TER.COM/ OUNTRYLIVINGUK **UNTRY.LIVING**

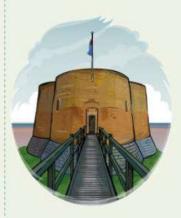
Eat...

Locally caught fish and seafood at the Regatta Restaurant on the High Street. For freshly fried fare, head to one of the town's two award-winning fish and chip shops - Aldeburgh Fish & Chip Shop and The Golden Galleon, both run by the same family since 1967. Ives Ice Cream Parlour and Coffee Bar, unmissable thanks to the huge cone beside the front door, offers an array of cone types and more than 30 flavours. Stock up on traditional snacks or have a tipple or two at the independent Aldeburgh Cinema, which has been screening films since 1919.

Browse...

The freshwater pearls, silver and semi-precious stones of Silversilver, including unique pieces designed and created in-house. Try before you buy at Adnams - the company's Victorian brewery and modern distillery is based a short drive away in Southwold - with daily, free, in-store tastings of its many beers, spirits and wines. Pick up traditional sweets from old-fashioned jars, or try locally produced fudge in a range of flavours, from Shingle and Sherbet. Stop off at Aldeburgh Contemporary Arts to admire the dramatic seascapes of artist Paul Evans.





LOCAL LANDMARK Walk the path by the sea to the Martello tower, now a holiday cottage available through The Landmark Trust >

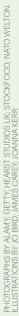
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FOR DETAILS OF THIS AND OTHER RURAL HOUSES FOR SALE SEE COUNTRYLIVING.CO.UK his Grade B-listed, four-bedroom former inn, called Balnavert House, is situated in the Perthshire hamlet of Balnaguard on the south side of the River Tay. Constructed from stone in 1830 and now with a restored Welsh slate roof, it sits to the front of the earlier steading buildings and adjoins the original (separately owned) farm cottage.

A spacious entrance hall with a boarded ceiling opens onto a large open-plan dining kitchen, which includes a restored fireplace, wooden floors, sash windows and a useful utility and boot room. A snug with an original cast-iron fireplace completes the ground floor, while the main sitting room is located upstairs and benefits from views over the front garden and the neighbouring hills of the Kinnard Estate. Also in the sitting room are fitted bookcases, an open fire with stone fireplace and original shutters. Two well-proportioned bedrooms share a shower room on this floor; a bathroom and two additional bedrooms, each with skylights, are located upstairs.

Balnavert House is surrounded by just under half an acre of garden, with a lawn and sun terrace overlooking the stream running across the front of the property. To the rear, a picket-fenced outdoor dining area with herbaceous borders acts as the perfect viewpoint for regular glimpses of local hares, partridges, pheasants and deer.



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The little mammals are woodland-edge specialists and hedges make perfect homes

embedded in our lives – not just the children's stories that flooded the market following Beatrix Potter's famous washerwoman Mrs Tiggy-Winkle, but right back to the dawn of civilisation. Ancient Egyptians, Sumerians and Babylonians all featured hedgehogs in their iconography. The Ancient Greeks wrote, 'The fox knows many things, but the hedgehog knows one big thing'; and Pliny claimed that they could predict the weather.

UNDER THREAT

We in Britain have a particularly strong fondness for the hedgehog. It's regularly voted the nation's most loved animal; we have a British Hedgehog Preservation Society and there are hundreds of carers who run mini-hospitals for them. However, this has not always been so. There used to be a bounty paid for dead hedgehogs, starting in the 16th century, in the misguided attempt to prevent them destroying grain. The horror most feel for this historical massacre should, however, be considered in the light of the careless carnage on our roads.

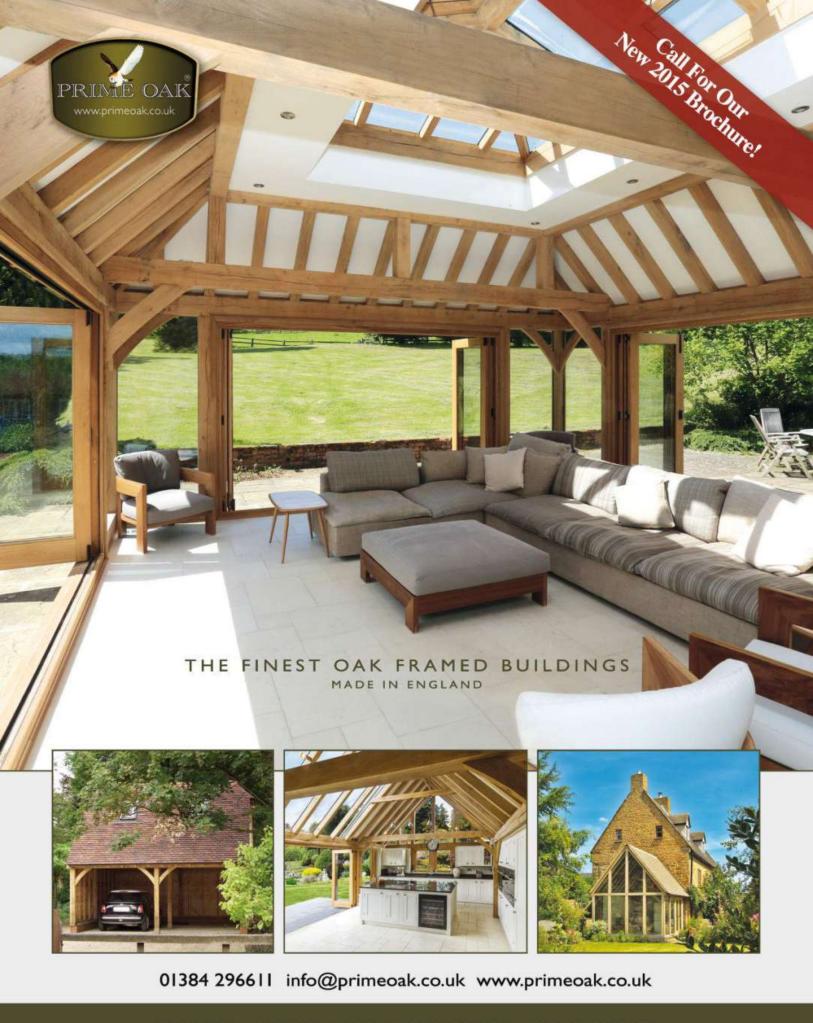
The limited protection that hedgehogs now receive does little to combat this threat – not just the immediate peril, but the way that our network of roads intersects an already divided

landscape. There is some good to come from this, though. Hedgehog deaths on the roads have at least enabled their decline to be quantified: information collected by the resulting Mammals on Roads survey revealed that Britain's hedgehog population has fallen by 37 per cent in the past ten years – that is a faster rate of decline than that being experienced by tigers in the wild.

The reasons are unsurprising. Loss of food in the countryside is something most wildlife suffers from, but loss of habitat is also a crucial factor. They are named hedgehogs for a reason. Hedges now suffer less from gratuitous grubbing and more from lethal neglect. The little mammals are woodland-edge specialists and hedges make perfect homes for them – we just need more. But possibly most significant of all is the issue of habitat

THIS PAGE Occasionally hedgehogs will have pink noses or a partially or fully pale face due to pigment abnormalities (top left); they are prickly characters when it comes to social

activity. They communicate with each other only briefly to mate, before immediately parting ways to return to the solitude they have enjoyed since they were just five or six weeks old





LEFT Hedgehogs typically hibernate between November and March/April beneath sheds, under piles of leaves or tucked away in compost heaps

BE A HEDGEHOG CHAMPION

A hedgehog has basic needs: shelter, food and water. The first two are easily met by a compost heap, though log piles and patches of brambles and other rough corners are good. Ponds are superb, as they supply water and food, but make sure there is a ramp, or beach, to allow clumsy hedgehogs to escape should they fall in. Go to hedgehogstreet.org to join the Hedgehog Street community and learn more about how to help Britain's spiniest creatures. Most importantly, the campaign encourages you to check there's a hole big enough for a hedgehog (approximately 13cm x 13cm) in your fence. It also recommends that you talk to your neighbours, and their neighbours, to spread the word and create a hedgehog corridor.

Don't miss the 'Day of the Hedgehog' on 21 November, with talks hosted by Hugh, plus stalls and refreshments. Find out more at hedgehogstreet.org.

fragmentation. On a large scale, this can be caused by a busy road or industrial agriculture but also by something as simple as an impenetrable garden fence.

HOW TO MAKE A DIFFERENCE

This is the issue that is at the heart of the Hedgehog Street project. It calls for more access, offered not solely by gardeners, but also by communities working together, doing their bit to help the animal. Already 33,000 households have signed up as Hedgehog Champions, who are encouraged to plot the holes they make on an interactive map, which will assist in calculating the ground that has been opened up for the creatures. The results will be shared at the 'Day of the Hedgehog' in Telford on 21 November – a celebration of achievements to date.

No one else is going to step in and save the hedgehog; their survival depends on people power. It is exciting to know that so many do care about such a snuffling little beast. For many years I felt my personal passion was rather eccentric, but now realise I am not alone. In fact I am definitely not alone, because from the edge of my garden I have just heard a distinctive noise. Careful not to make a sound, I peer into the darkness. Torch on, but with the light masked in my hand, I shed a reddish glow towards the children's climbing frame. And there, pushing through grass that probably needs a cut, is a stout, trundling, nose-wriggling beauty. I am so tempted to get nearer, but find that the excitement of my first hedgehog in such a long time keeps me still, watching, my heart racing and smile widening.

There is a glee that comes from having close contact with wildlife. And while we can chase animals down in sweaty safari Land Rovers, we can also wait for them to come to us in our own gardens. The result is just as wonderful.

Hugh Warwick is an ecologist and author of A Prickly Affair: The Charm of the Hedgehog (Penguin Books, £9.99).



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Discover the best of British with delicious sausages, gourmet cheeses, homemade chutneys and a superb selection of Christmas cakes, puddings and chocolates. And, of course, you can indulge in a fantastic range of wines, spirits and liqueurs.

BE INSPIRED AND GET CRAFTING

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FINISHING TOUCHES

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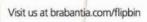
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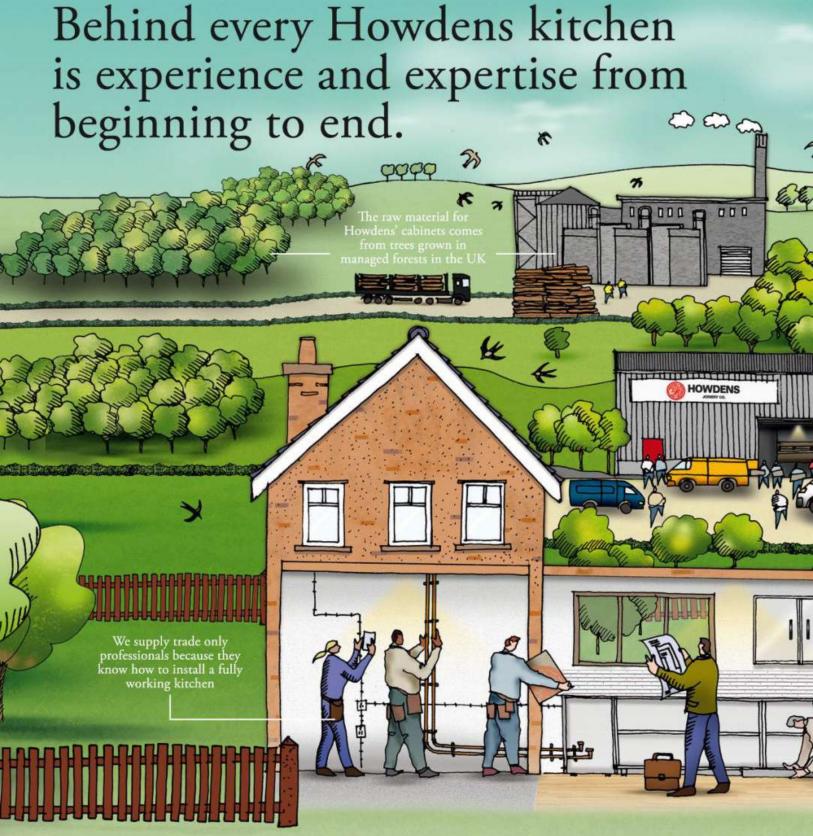
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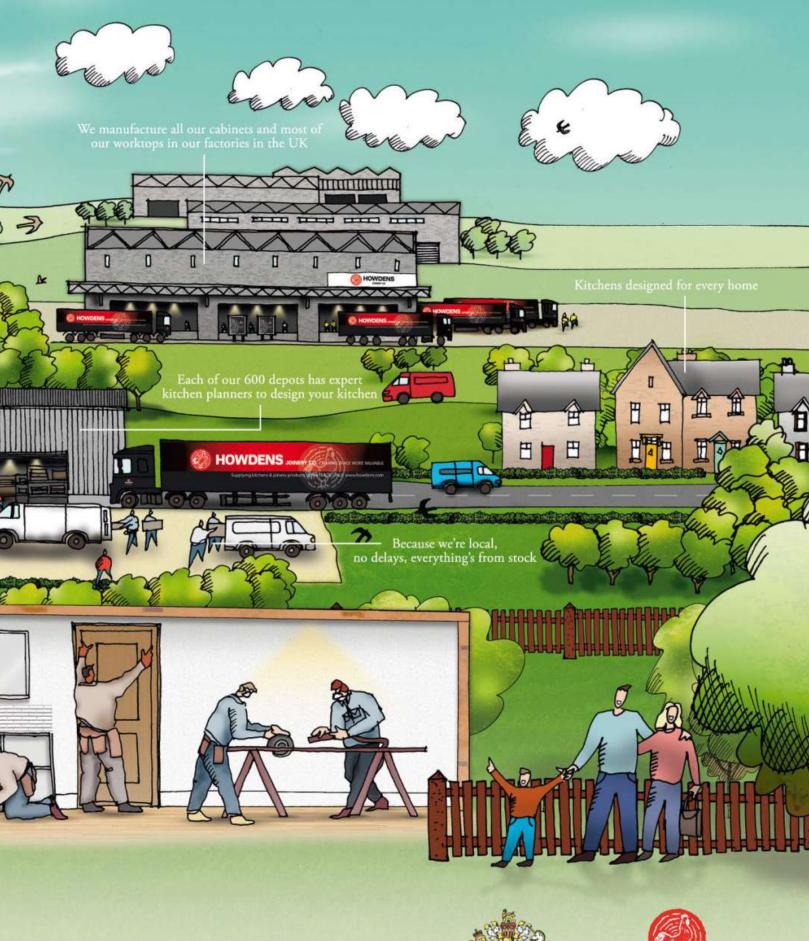


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WHEN WE FIRST CAME to Fern Verrow, a 16-acre smallholding at the foothills of the Black Mountains, it had only ever been used for grazing. This worked in our favour – we were able to begin our cultivation of the land with a completely blank canvas. We chose to use biodynamic methods, conceived as a way of thinking holistically about food, nutrition and the world of nature (see box on following page). Now we have five acres dedicated to vegetables, one to fruit, some woodland and lots of pasture. We grow a wide range of seasonal vegetables, fruit and flowers, and we also have cattle, sheep, poultry and bees.

Our small stone farmhouse was built in 1734 and beside it is a spring from which pure water seeps out of the ground. It is the source of a stream that winds its way through the garden and onwards, past the propagating greenhouse and steeply into the dingle, through the woodland and beyond. Above stand 12 mighty oak trees, more than 20 metres tall, which help to draw water up out of the ground to the spring's outlet and also provide further shelter from the strong winds that whip down off the Black Mountains. All the water we use comes from here. The

kitchen at Fern Verrow is the engine room of the farm. It is the place where many ideas are discussed and decisions made – where our working day begins and ends. Cooking is a pleasure we always find time for, often dashing out to a field with a torch to select produce for the evening meal. Seeing the vegetables laid out on our kitchen table is still a thrill. For 15 years we sold at a market in London, and through those Saturday morning conversations we swapped cooking ideas and culinary adventures, old and new. Now we sell all our produce to Skye Gyngell's restaurant, Spring, at Somerset House.

AUTUMN

At the first sign of the season we feel the urgency of getting as much done as possible before the cold and wet slow everything down. The animals, too, are busy preparing for what lies ahead. Birds are feeding themselves for the migration. Field mice, squirrels and hedgehogs are gathering their winter stores. The sheep and cows are fattening and developing thicker coats. Sugarseeking bees and wasps buzz around, eating the autumn

raspberries and finding a taste for ripening apples, so harvesting and preserving these fruits is high on our list of priorities. The tang of vinegar and sugar hangs in the kitchen air as we go about making jams, jellies, syrups, chutneys and pickles.

With less warmth and daylight, the growth of the plants slows down. Now their activity turns inwards. The heads of cabbages begin to fill and all the leaf and root crops start to develop their depth of flavour and colour. The flowers that have produced so generously since spring are gracefully diminishing their display and the fruiting processes take their curtain call. The arrival of the winter squash brings inspiration for purées, roasts and risottos. The leeks have beautiful blue-green leaves and pure white shafts: at this moment they look perfect, although their flavour intensifies with time and is at its best from mid-October.

Fewer daylight hours for outdoor work means there is now more time for the kitchen. We relish the last tastes of the summer vegetables and fruit, but now it's the turn of the new textures, colours and flavours of the autumn harvest to stimulate our senses. For us, this is the most exciting time of the year, with the greatest variety of delicious food to cook and eat.

WINTER

The arrival of the first frost marks a new kind of beginning: the daylight hours shrink and darker hours lengthen as the hibernation period begins. The wet and cold months before Christmas can be a particular challenge to the spirit. There are weeks when a blanket of cloud envelops the farm. The dark grey fog and mist rarely lift. But we're thankful that the frequent rain swells the streams and brooks with the water that we will come to rely on during the drier months.

Daily priorities are to keep the animals in as good a condition as possible, especially those that are due to have their young at the



beginning of spring. So the cows are in the barn, in the dry with clean straw to sleep on, and plenty of hay and fresh water to eat and drink. The sheep live outside all winter, in their thick coats. Each day they greet us enthusiastically as we arrive in the field with a bale of hay, and sometimes a few vegetables.

During this dormant time we begin pruning the fruit trees and bushes, and the roses, forming their shapes and clipping the branches to maximise their fruiting and flowering potential. There are also new trees and hedges to plant, and old field boundaries to tidy up and repair; stone pathways to build and ditches that need to be kept clear. The machinery all needs servicing to ensure the fleet is ready for action in the spring.

The earth is at its most self-contained during winter; the re-mineralising, crystallising processes active in the ground are laying the foundations for the life that will rise in the spring. At the kitchen table we draw up plans and map

out what we would like to grow this coming year, browsing through different seed catalogues, always choosing a few new things to try out. We also write a wish list of what we hope to achieve on the farm over the next 12 months.

The honest and challenging nature of growing food is central to why we do it. Our approach to what we plant is based on our enjoyment of cooking and eating. We find that growing vegetables and fruit in good soil, at the right time of year - open to the elements - adds greatly to their character and taste.

WHAT IS BIODYNAM

This agricultural method grew out of a series of lectures in 1924 by the Austrian thinker Rudolf Steiner (1861-1925). He had been persistently approached by farmers concerned about the diminishing fertility of their soil, and the degenerating health of crops and animals, the result of an increasing use of chemical fertilisers and pesticides. It is based on the principle that the farm is a self-contained organism, taking care of the health and vitality of soil, crops, stock and farmer, creating a virtuous circle. It also uses lunar and planetary rhythms, biodynamic compost and spray preparations. Organic farming developed from this approach.

Each of these recipes is designed to celebrate the flavour of nature



BAKED RADICCHIO AND PARMA HAM

Preparation 20 minutes Cooking about 30 minutes Serves 2

We grow many varieties of radicchio: its sumptuous red tones look at home with the colours of autumn on the farm, with the cooler days and nights of this time of year deepening the crimson streaks. The candy-striped radicchio is often eaten raw in salads but it is also extremely delicious when cooked. In this recipe, its faint bitterness tastes sublime with the saltiness of Parma ham.

1 large or 2 small heads of radicchio 12-16 slices of Parma ham 250ml double cream 50g Parmesan cheese, finely grated juice of 1 lemon

Heat the oven to 200°C (180°C fan oven) gas mark 6. Cut the radicchio into 6 wedges, if large, or into

- quarters if you are using 2 small ones, leaving a little of the base attached to each wedge so that they stay intact.
- 2 Put a ridged griddle pan over a moderate heat. As it begins to get hotter, brush a little oil onto the ridges. Once the griddle is hot, add the radicchio wedges and cook for 2-3 minutes on each side, until coloured.
- 3 Wrap two slices of Parma ham around each wedge and put in a shallow baking dish. Mix the cream with half the grated Parmesan and some seasoning, then pour it evenly over the radicchio wedges. Add the lemon juice, cover with foil and bake for 15 minutes.
- 4 Remove the foil, baste the radicchio with the sauce and sprinkle the remaining Parmesan over the top. Continue to cook for 5-10 minutes, until the radicchio is tender and the sauce is bubbling.



APPLE AND LEMON CRUMBLE

Preparation 30 minutes Cooking I hour Serves 4 Bramley apples, with their fabulous snowy texture, are combined with lots of lemon zest to make this wonderfully tangy pudding.

500g Bramley apples, peeled, cored and thinly sliced 1 tbsp golden granulated sugar (or to taste) grated zest of 2 large lemons juice of 1 large lemon FOR THE TOPPING

50g whole hazelnuts 75g plain flour 100g ground almonds 90g unsalted butter, diced 65g golden granulated sugar

1 Heat the oven to 180°C (160°C fan oven) gas mark 4. For the topping, spread out the hazelnuts on a baking tray and toast in the oven for about 15 minutes, checking occasionally and giving them a shake

- to ensure they toast evenly. The skins will split and the nuts inside will be golden. Grind them in a food processor, leaving them slightly chunky. Or, allow the nuts to cool a little, then place in a plastic bag, seal and give them a good bash with a rolling pin.
- Put the flour and ground almonds in a mixing bowl, add the butter and rub it in with your fingertips until the mixture resembles breadcrumbs. Stir in the sugar and hazelnuts.
- Place the apples in a shallow 20cm ovenproof dish and scatter over the sugar. Add the lemon zest and juice. Spoon the crumble over the apples and bake at 200°C (180°C fan oven) gas mark 6 for 15 minutes. Reduce the heat to 180°C (160°C fan oven) gas mark 4 and cook for a further 30 minutes, until the topping looks toasted and the apples are bubbling and juicy underneath.



















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FOOD & DRINK

BAKED SQUASH WITH CELERY AND HERB CREAM

Preparation 25 minutes Cooking 1 hour 10 minutes Serves 2 This recipe was devised on one of the rare occasions that we had a major power cut, with three young children needing to be fed and only the woodburner for warmth and cooking. We wrapped the squash in foil and tucked them into the edges of the woodburner, away from the flames. The children dipped cubes of bread into the cheesy, fondue-style filling.

a 1-2kg squash, such as Uchiki Kuri, Buttercup or **Blue Ballet** about 300ml crème fraîche (you need enough to fill the squash by three-quarters) juice of 1/2 lemon 3 sprigs of celery leaves or 1 lovage leaf 2 sprigs of rosemary, thyme or sage 1 knob of butter 1 garlic clove, finely chopped a little grated nutmeg or ½ cinnamon stick 150g Comté, Gruyère or Cheddar cheese, grated

TO GARNISH (OPTIONAL) 3 tbsp olive oil 4-5 sage leaves

1 Heat the oven to 200°C (180°C fan oven) gas mark 6. Cut the top off the squash to make a lid and set aside. Scoop out the seeds and a little of the flesh so that you are left with a clean squash bowl. To stop the squash toppling over, it is a good idea to make a base for it to sit on: take a roughly 30cm square piece of foil, fold and scrunch it

- into a long strip, then shape into a circle. Put it in a roasting tin and place the squash on top.
- 2 Fill the squash threequarters full with crème fraîche, then add the lemon juice, herb sprigs, butter, garlic and grated nutmeg or the cinnamon stick. Season well with salt and freshly ground black pepper.
- 3 Put the lid back on the squash. Cover with foil and bake for at least an hour. The cooking time will vary, depending on the size of your squash. It is done when a sharp knife slides through the flesh with no resistance.
- 4 Remove the herb sprigs and sprinkle in the grated cheese. Put the squash back in the oven, without

- the foil, for about 10 minutes, until they have browned and the cheese is nice and gooey.
- 5 The fried sage garnish is optional, but it looks and tastes great. Heat the olive oil in a small frying pan and add the sage leaves, making sure they are completely dry if you have washed them. Fry for about 30 seconds until crisp, then remove and place on kitchen paper to drain. Sprinkle the leaves on top of the squash filling. The easiest way to serve this is to spoon out the creamy contents onto each person's plate and then cut chunks off the squash horizontally, working your way down. Serve with toasted sourdough bread.





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CARROT AND ALMOND CAKE

Preparation 25 minutes Cooking 45 minutes Serves 10-12 This is based on an Italian recipe and uses no fat and only a little flour. It is very sweet and light, and goes well with a cup of black coffee.

170g unblanched almonds 4 large eggs, separated 200g caster sugar grated zest of 1 orange 3 drops of vanilla extract 250g carrots, finely grated 1 heaped tbsp self-raising flour

60g ground almonds icing sugar, for dusting

- Heat the oven to 180°C (160°C fan oven) gas mark 4. Line the base and sides of a deep 20cm cake tin with baking parchment.
- Grind the unblanched almonds in a food processor, but leave them fairly chunky as this will give a nice texture to the cake. Put the egg yolks, sugar, orange zest and vanilla extract in a bowl and beat with an electric whisk for about 5 minutes

- until very pale, thick and creamy. Stir in the carrots, flour and almonds.
- In a separate bowl, whisk the egg whites until stiff. Gently fold them into the cake mixture. Turn the mixture into the prepared tin and bake for 40-45 minutes. Leave to cool in the tin, then turn out and dust with icing sugar.

RED FLORENCE **ONION TATIN**

Preparation 35 minutes, plus chilling Cooking I hour 5 minutes Serves 4 With their pink-crimson colour and pleasing shape, Red Florence onions are outstandingly beautiful.

8 Red Florence onions (or ordinary red onions) 75g butter 3 sprigs of thyme 2 dessertspoons raspberry vinegar

FOR THE CHEESE PASTRY

170g plain flour a pinch of cayenne pepper 115g chilled butter, diced 115g cheese (half Cheddar, half Parmesan), grated 1 egg yolk 1 tbsp cold water



- For the pastry, sift the flour, cayenne and a pinch of sea salt into a bowl. Add the butter and cut it into the flour with a round-bladed knife until well coated, then rub in with your fingertips until the mixture resembles breadcrumbs. Stir in the grated cheese with a knife.
- Mix the egg yolk and water together and add them to the dry ingredients, working with the knife to form a dough. Knead briefly until smooth, then wrap in clingfilm and chill for at least half an hour.
 - Peel the onions, cut in half or into quarters, depending on size, then trim the root so that the pieces remain intact. Melt the butter over a moderate heat in a 24cm Tatin tin (a 24cm ovenproof frying pan will do, provided it is at least 4cm deep). Arrange the onions cut-side down in the tin, packing them in tightly. Fry over a low heat so they soften rather than colour at first, then increase the heat a little until the onions are browned underneath - about 20 minutes.
- 4 Carefully turn the onions over, adding more butter if necessary, then add the thyme and season. Pour over the raspberry vinegar, turn the heat down and cover the tin with a lid or a sheet of foil to allow the heat to build and the onions to cook thoroughly. Cook for about 20 minutes, until the onions are golden and caramelised, then remove the lid or foil and allow to cool a little.
- 6 Heat the oven to 190°C (170°C fan oven) gas mark 5. On a lightly floured worksurface, roll out the pastry to a circle about 8cm bigger than the diameter of your tin or frying pan. Cover the onions with the pastry, tucking it down the side of the tin. Bake for about 25 minutes, until the pastry is golden brown.
- Remove from the oven and leave to settle for about 5 minutes. Run a knife around the edge of the Tatin to loosen it, then place a serving plate on top and turn them both over to turn out the Tatin. Serve hot or cold, with salad.



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FOOD & DRINK

BRAISED RABBIT WITH JUNIPER BERRIES

Preparation 35 minutes Cooking about an hour Serves 4 Wild rabbit tastes far superior to farmed. The meat is very lean, so it is important not to cook it too fast or it may become tough. This dish is good served with a bowl of wide-ribboned pasta or golden sautéed potatoes.

1 rabbit, jointed
60g plain flour, seasoned
with salt and pepper
3 tbsp olive oil
30g butter
2 onions, finely sliced
1 small bunch of thyme,
chopped
10g juniper berries, roughly
crushed

150ml white wine
250ml chicken stock
3 thsp double cream
or crème fraîche
1 bunch of parsley, leaves
finely chopped, stalks
chopped and kept separate

1 Coat the rabbit joints lightly in the seasoned

flour. Heat the olive oil over a moderate heat in a wide, heavy-based pan, then add the rabbit and quickly brown on both sides. Remove the rabbit from the pan and set aside.

- 2 Melt the butter in the pan, add the onion and fry until soft and just beginning to colour. Stir in the thyme and juniper berries. Pour in the wine and allow it to sizzle and reduce for a minute.
- 3 Return the rabbit pieces to

the pan and pour in the stock. Stir in the cream, sprinkle in the parsley stalks and some salt and pepper and turn up the heat. When the stock begins to bubble, reduce the heat to a simmer. Cook, uncovered, for 30-40 minutes, basting and turning the rabbit occasionally. The sauce should be a nice coating consistency. Adjust the seasoning and serve with the parsley leaves.



Extracted from Fern Verrore: A Vear of Recipes From a Farm and its Kitchen by Jane Scotter and Harry Astley (Quadrille, £25). To order a copy for the special price of £20 including p&p, call 01256 502699 and

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In our series celebrating home-grown skills, we meet women making the most of their hobby, whether they're earning from their kitchen table or launching a fully fledged business. Plus, discover different ways to follow in their footsteps

WORDS BY KATE LANGRISH • PHOTOGRAPHS BY ALUN CALLENDER

THIS MONTH: THE BREADMAKER









THIS PAGE AND OPPOSITE Lucie has turned an old sea container, situated in her Berkshire garden, into a bakery,

where she creates delicious loaves of artisan bread, which she then sells at local shops and markets

n old sea container might seem like a surprising home for an artisan micro-bakery, but it ticks all the right boxes for Lucie Steel. "Before, I was working in my kitchen using an old woodburning stove – it only took a few loaves at a time, so I'd be up all night baking. Now I have room for my mixers and an industrial deck oven, which bakes 18 loaves in an hour. I'm still up all night, but at least I'm producing more bread!" says Lucie, who now runs Birch Cottage Bread from 'the box', just outside Hermitage in Berkshire. Crucially, the 22-foot sea container was also cheap – and this allowed Lucie, 49, to make the leap from a practice manager at an equine vets' to a baker who has people queuing for her sourdough loaves, honey-malted granary rolls and deliciously moreish Swedish seeded crackerbreads.

Lucie grew up on a remote 2,500-acre hill farm in Sutherland, Scotland. "Mum baked and cooked everything from scratch – by the time I left for college, I'd never even eaten a ready meal," she says. It was the death of her mother in 2009 that prompted Lucie to rethink her life: "My son, Ralph, was just about to start school and I wanted to spend more time with him." She booked onto a bread-making course at Virtuous Bread in London, part of the Bread Angels group set up by Jane Mason to train people in the art of creating real loaves with the aim that they take those skills and pass them on. "I don't know what I was expecting, but I completely fell in love with it," Lucie recalls. "The thing about baking bread is that it engages every sense. The amazing smell, the golden brown colour, the sound of the breaking of crust – and then, of course, there's the taste. I knew I had to keep doing it."

At first, Lucie merely gave away loaves in the playground in return for honest feedback, but the calls for more and more of





her creations made her consider turning this new passion into a business, and she signed up for the Virtuous Bread course on setting up a micro-bakery. "Afterwards, I saw an advert for a local community market in the village of Aldworth, so I took 20 sourdoughs and totally expected to come back with them," Lucie says. "But I sold out – I realised then that I could make it work."

By Christmas 2011, the business had started to snowball, with Lucie supplying local shops and a catering company, as well as attending several markets each month. She lives in a 19th-century tied cottage in the middle of the woodlands where her forester husband Matthew works, so extending the kitchen was out of the question. "I had heard of people using sea containers for catering. They are rodent-proof and easy to clean, and, as it's not a permanent structure, Eling Estate would allow me to have it in the garden," explains Lucie, who searched endlessly online for sea containers before finding one that fitted the bill. "It cost £2,959, so I used my small inheritance – I knew that my mum would have approved."

In April 2012, the sea container arrived and Lucie set about sourcing catering equipment as economically as possible on ebay and at auction. Most days she can be found in 'the box' kneading and shaping the bread. "Anyone can make dough; it's just flour, yeast, salt and water. The important thing is to have good-quality."

SMALL-BUSINESS START-UP



THE BUSINESS OF BAKING

Words by Fiona Davies from WiRE

About 12 million loaves are sold every day in the UK, with artisan bread increasing its share steadily. What better way to turn your skills into success than by tapping into the British love of bread?

MAKING IT ADD UP

- It takes a lot of loaves to turn a profit. As well as selling directly, work to supply restaurants, cafés and farm shops. Think creatively; caterers, sandwich rounds and workplace canteens often look for something different.
- Artisan bread is more expensive than your average loaf. Convince people that it's worth the cost by offering samples, sharing your knowledge about ingredients and extolling the health benefits.

SOURCING CUSTOMERS

- Raise awareness locally by being original; a 'bike with a basket' delivery or a retro van pop-up outside the train station will make you stand out.
- Appeal to a wide variety of people by offering a diverse range of products; not necessarily different breads but different guises – for instance, varied sizes, rolls, sliced options or different toppings.

RAISING A SUCCESSFUL BUSINESS

- Extend your market by sharing your skills; people are keen to tap into the artisan revolution, and training courses on specific topics (bread for busy families) are easy to organise and instantly profitable.
- Baking means hard work and long hours. When
 the going gets tough, and it will, take time to remind
 yourself why you are doing it: working from your
 own kitchen (or sea container), the smell, the warmth,
 the creativity and sense of satisfaction.

SOURCEBOOK

- Real Bread Campaign: fighting for better bread in Britain (realbreadcampaign.org).
- Flour Advisory Bureau (FAB): bread and flour forum with events and information (fabflour.co.uk).
- Food Standards Agency: resources and support concerning food safety and hygiene (food.gov.uk).
- Any food you sell is subject to rules and regulations. Visit food.gov.uk/business-industry/caterers/ startingup and look under Useful Resources for booklets on everything you need to get started.

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flour – preferably stoneground, as it's created with less heat, so the grains retain more of their natural oils," explains Lucie, who uses flour from Shipton Mill in Gloucestershire and Stoate & Sons in Dorset. She mixes this with the natural yeast from her sourdough starter before placing the loaves to prove in banneton baskets to give the traditional 'snail' shape.

In keeping with the Bread Angels ethos to spread the word about real bread, Lucie also sets aside one day each week to teach courses on Basic Bread, Sourdough Bread, and Basic Italian Bread. "I can get a bit evangelical about it," she confesses.

With regular requests from shops and cafés to stock her loaves, there is now more demand for her creations than she has time to bake. And, although Lucie strives to maintain a balance between work and family life, she admits that when she's not getting up at 4am to start baking, she relishes researching and concocting new recipes: "Yes, it's got to be said, I do spend a lot of time thinking about bread!"

**Dirch Cottage Bread courses start at £70 per person.

CL readers will receive a free bread-making kit with every course booked before March 2016. To redeem the offer, book through Bread Angels at breadangels.com, then email birchcottagebread@yahoo.com and quote CL.



Inspired to set up your own business? Turn overleaf for our insider guide by our Talent Ambassador.

MORE WAYS TO TURN YOUR BAKING TALENT INTO TURNOVER



CREATE SPECIALIST BAKES

Heading towards retirement, maths teacher Juli Farkas decided she wasn't ready for the quiet life, so signed up for some breadmaking classes. Bitten by the baking bug, she set up Ourbread bakery from the kitchen of her home in East Sheen, south-west London. "I'm originally from Hungary and moved here when I was 15. The country has a great tradition of baking with yeast and I got a taste for it from my grandmother," explains Juli, who specialises in Hungarian strudels. "It's different from German strudel and has a large variety of traditional fillings, including morello cherry, sweet ricotta and lemon, and spinach and vegetable. I also make Hungarian cakes and use wonderful old recipes my mother collected in a dog-eared book" (eastsheenmicrobakery.co.uk).



HELP YOUR COMMUNITY

A chance purchase of a loaf from a bakery in a town near her home in West Yorkshire four years ago sparked an idea for Carole Roberts, a former teacher. "I started talking to them about bread and realised there was an opportunity to do something for the community here in Brighouse," says Carole, who co-founded LoveBread, a not-for-profit social enterprise in 2012 with friends Frances Lister, who worked in marketing, and Richard Hickson, a gardener. Although LoveBread sells loaves through local shops, it is more than just a bakery. "We combine artisan bread, workshops and community outreach, where we do demos and events for community groups, including the local women's centre and residential homes for dementia," Carole says (lovebread.org.uk). 🤝



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Learn to earn with Julie Dodsworth

THIS MONTH: GROWING YOUR BUSINESS

EVERY MONTH I HAVE BEEN giving advice on starting your own venture; the ups and downs, the trials and tribulations. Now, with all the basics in place, you will be ready to ask yourself the next important question – is this the right time to grow your business? Bear in mind that to 'grow' doesn't necessarily mean to expand. As a colleague advised me when I was running my plant

display business, the secret of success is to avoid standing still. This doesn't always involve increasing output with a view to making more sales; it could also mean improving your product and working to attract exactly the right customer. As our home and gift enterprise has grown, myriad possibilities have arisen, but it didn't take me long to discover that not all work is good work. Now, when an opportunity comes up, I apply what I call 'the F factor' and ask myself the following questions:

Family Does the new idea fit with our lives? I'm no stranger to hard graft, but a project that requires me to be away from home for months wouldn't be an option for me.

Fun Is the work enjoyable? Would I happily do it even if the financial gain were small? For me, collaborating with professionals at the very top

of the tree is something I always find immensely rewarding. **Financial** Being paid a reasonable price for your hard work is the basis of all business. Give some thought to what is 'reasonable' and don't undersell yourself.

Forward Will the project develop your business? For example, the time I spend visiting overseas and British launches is always well spent because it helps to take my business to the next level.

Feels right Is the idea really me? I try to create things I would like to buy myself. Being true to myself, the brand and the team is incredibly important.

Another key element of growing a company is expanding your team. I'm lucky enough to work with very forward-thinking

colleagues and we have created a no-blame culture in which problems are solved quickly and, if lessons need to be learnt, we address them together in our weekly meeting. However, I am well aware of the work that is involved in building a team that strengthens rather than weakens a business.

The best analogy I've heard for this is a story a bank manager friend told me when I was first starting out. He called it 'the house of complacency'. He said to imagine that you and your team are living in a house with lots of adjoining rooms. You spend most of your time in the first one, 'the room of complacency', where you bob along day to day oblivious to anything that may trouble you. All of a sudden something goes wrong, a customer is lost, something valuable is broken and you fall into

'the room of anger'. Here, you bounce around the walls looking for someone to blame and feeling angry. Eventually we must calm down and walk through the door into 'the room of action' and try to resolve the situation as best we can. The moral of the story is to spend as little time as possible in 'the room of anger'. Running a business when everything is going smoothly can feel amazing but it's the hard times that will be the making of you.

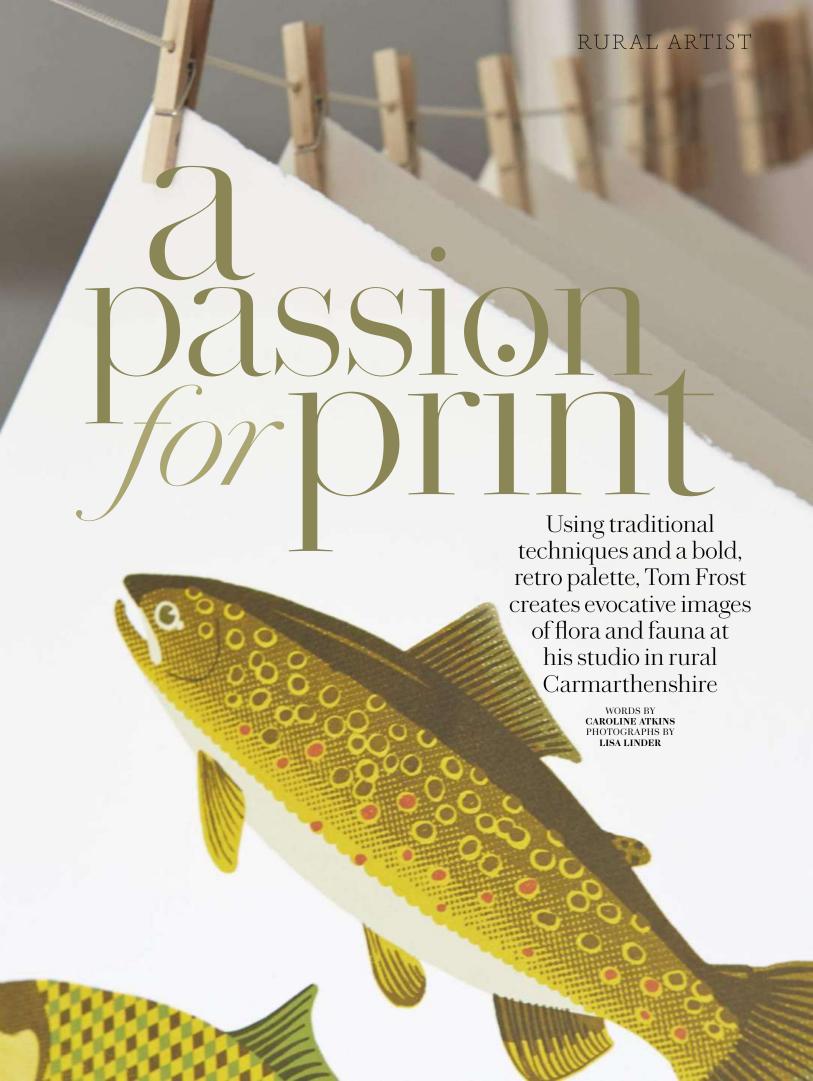
JULIE DODSWORTH,

our Talent Ambassador, is an artisan British designer who works from her narrowboat on the Grand Union Canal in Northamptonshire. At the age of 50, she decided to turn her painting hobby into a range of licensed homeware. In this series of columns, Julie shares her experience and some of the great advice she has been given by others along the way.

96 **NOVEMBER 2015**









THE RAMBLING GARDEN OF Tom Frost's Carmarthenshire home is carpeted with apples. It's a fact that seems particularly fitting, as today, in the printmaking studio he shares with his wife Teresa (also an illustrator) on the ground floor of their limestone farmhouse, he is creating labels for Perry's cider bottles. Surrounded by the 1950s toys, model cars and books that inspire his work, the walls covered with pages from wildlife identification guides and old Ladybird flashcards ('m is for moth'), he produces his images using the nostalgic shades of navy, crimson, olive green and burnt orange that are evocative, for so many of us, of happy childhood memories.

landscapes Although this rural setting seems like a natural home for Tom's charmingly simple $depictions\ of\ animals\ and\ insects, the\ couple$ and wildlife and their son Harry, four, and daughter Poppy, ten months, only came to the area provide rich from Bristol in 2013. "Moving out of the city became the obvious thing to do," Tom explains. "We needed more space, had given up our studios, and couldn't get into the countryside without spending hours in traffic." So they exchanged their tiny terraced house for a five-bedroom one with barns attached and a spectacular view of the hills. Until the time comes when they are able to convert the barns, they have squeezed their desks and two hefty plan chests into the downstairs workshop.

A cupboard in one corner holds large pots of Tom's acrylic printing ink, and smaller quantities of his standard colours are lined up, pre-mixed, along the back of his work table. He was

a commercial illustrator for eight years after graduating from Falmouth School of Art in 2001, working for a mix of magazines, newspapers and business clients. But his style - digitally created images with bold, graphic shapes and dense, flat layers of colour - was increasingly developing a screenprinted look, so he eventually asked one of his fellow artists to teach him the real thing: "I learnt the basics in a day, and felt instantly at home with it - it was just a question of separating out the layers I was already working

with." He became a screenprinter virtually overnight, selling his work through galleries and relishing the

> freedom of following his instincts rather than a client's brief. As well as making prints for framing (including four bird and animal Collectors' Cards commissioned by the V&A in 2013), he was approached by the curator of the Yorkshire Sculpture Park (YSP) in Wakefield to produce 50 new pieces on a flora and fauna theme: "The first seven months here were spent working flat out on the Wild Collection, creating the designs and then printing perhaps just ten of an edition of 80." If he sells more,

he'll make more, but with such a labourintensive process, he hasn't time to print large numbers until they are needed.

artwork Most of his work is in four colours, with a couple of them overlapping to create a fifth. His *Puffin*, for instance, has a cream base, then a mid-blue panel of

sea and sky creating an outline for the bird, then yellow for the beak and legs. Each shade requires its own screen, which 🤝

THIS PAGE Tom produces screenprints and illustrations as well as labels, such as those for Perry's cider, featuring an owl, puffin and heron OPPOSITE His distinctive designs are influenced by the nostalgic colours and graphics of 1950s wildlife guides, flashcards and toys















RURAL ARTIST













TOP LEFT Most of Tom's screenprints are in four colours but sometimes a couple overlap to create a fifth CENTRE RIGHT His running hare logo was

inspired by the weathervane on the village hall **ABOVE** Tom printed onto laser-cut plywood and attached Meccano wheels to make these pull-along birds

has to be prepared using a UV light before being rinsed in the big steel sink in the garden. Tom then clamps it onto a sheet of beautiful thick Fabriano paper and pours over the coloured ink, spreading it across the mesh so, when lifted, it reveals the design on the paper: "It's not until the final screen is printed that I know if I've done a good job."

He has printed onto laser-cut plywood, too, making an elaborately coloured huge peacock butterfly for the YSP show, and flat-sided pull-along birds on old Meccano wheels, which he had collected. He has even created a marquetry stag beetle – deconstructing his layers still further by forming the colours from sections of painted wood rather than print. His new landscape of fields and wildlife provides rich inspiration for his work – as do the traditional nature charts showing the colours and markings of leaves or waterfowl, or the anatomy of a frog, as well as the school-style flashcards that paper his studio. The copper arrowhead weathervane on the village hall across the road inspired his own running-hare logo, and he has a new idea for a series of children's posters, including a big red tractor.

The only real challenge of being out in the country is that there's no one nearby to repair his complex printing equipment: he

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RURAL ARTIST

has to pay an engineer to come out specially. But the internet keeps him in touch with clients and leads him to new ones – a local chocolate maker who wants a new wrapper design ("We followed each other on Twitter, and then found we lived in the same village"), a pub on the other side of Carmarthenshire that needed invitations designed for its beer festival, and an antiques business selling Welsh vernacular furniture from a remote cottage half an hour away. He'd like to make another stag beetle, having sold the only one he created. In the meantime, there are page designs for a pop-up book to finish, as well as the

cider labels... All that and a five-bedroom, three-barn house to renovate and a garden to plant: "We seem to be the only people who haven't moved here to buy a smallholding, but we do want to grow our own veg. And there's enough fruit in autumn [a damson as well as the five apple trees] to make chutney and booze for Christmas presents." Labelled with his own prints, of course.

(i) For more information about Tom's work, visit theboy frost.blogspot.com.





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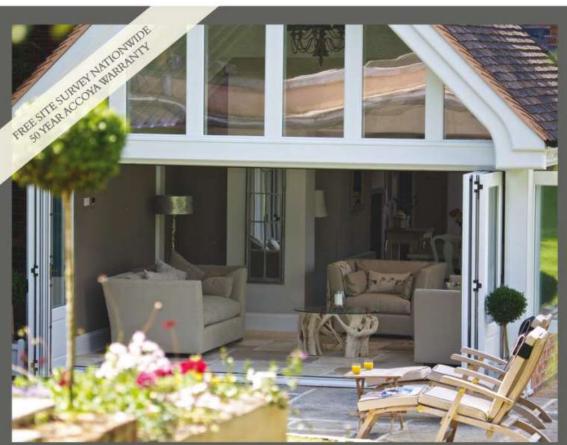




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FOODES of the FUTURE



Artisan cheese served in a picnic box, hand-cured bacon by post and mushrooms to grow at home... Meet the young producers delivering a fresh take on seasonal flavours to savour

WORDS BY CATHERINE BUTLER PHOTOGRAPHS BY JAN BALDWIN













CHEESE TO GO

When Simon Bowden found himself craving a nibble of cheese at a music festival in 2010, rather than shrugging his shoulders and joining the back of the burger queue, he drew up a business plan, became a trainee cheesemaker and launched The Whole Cheese, serving organic artisan types in picnic boxes from an old converted horsebox. "I worked in anti-doping for the Rugby Football Union but, after taking a year out to travel, I realised I was massively into food," says Simon, who had always had a yearning to become involved with his family dairy herd on Guernsey. Originally he had hoped to set up his own cheese company using Guernsey milk, but after quitting his job in London and returning to his home county of Somerset with his wife Rachael, he realised that the sheer levels of capital needed for such a venture demanded a steady income.

In November 2011, after months of temp work and industry research, Simon became sales manager at Bath Soft Cheese, where one day a week he was able to swap his desk job to become a trainee. As he perfected the craft of handmaking cheese, including the awardwinning blue-veined Bath Blue, white-rinded Bath Soft and semi-hard Wyfe of Bath, made in traditional cloth-lined baskets, Simon put together a selection of artisan varieties, which he planned to serve in a box that doubled as a cheeseboard. He piloted his idea at a National Trust theatre night with a trestle table and



gazebo and, despite terrible weather, was encouraged enough to apply to several festivals in 2013. His makeshift set-up without a fridge or sink, however, made for a logistical nightmare, so Simon used a loan to convert an old horsebox into The Whole Cheese's mobile premises.

Still working full time, Simon uses holidays and weekends to take his usually buntingstrewn trailer to private functions and weddings, food markets and music festivals, including Wilderness and Glastonbury, where his addition of cheese on toast and Welsh rarebit has proven particularly popular among evening crowds.

"Eventually I want to get some land and open a kitchen canteen deli," he says. "We are blessed with so many great producers in the south-west and food is such a collaborative industry. I've learnt not to be scared of picking up the phone and asking questions. We're lucky to live in a place where everyone wants to support each other."

The Whole Cheese (thewholecheese.co.uk). For information on hiring Simon for private events or weddings, email thewholecheese@hotmail.co.uk.

OPPOSITE AND THIS PAGE Simon sells organic artisan cheese, as well as picnic boxes (right), from his trailer at festivals, outdoor shows, concerts and sporting events around the UK, and soon hopes to offer a service where he will deliver different varieties to customers' doors

"We are blessed with so many great producers in the south-west and food is such a collaborative industry"





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BACON BY POST

The mouthwatering aroma of lemongrass and kaffir lime, which fills Cure & Simple's Hertfordshire HQ in the village of Little Hormead, seems slightly at odds with the old tractor shed in which the business can be found. But, then again, having your bacon popped through your letterbox on a monthly subscription isn't exactly a usual occurrence either. "I like the fact I've come up with an idea that is slightly barking and made it work," says founder Charlie Pyper, a pig-keeping enthusiast, who two years ago left his city job at a software firm to make hand-cured, air-dried bacon delivered to customers by first-class post.

"Bacon was originally made to preserve meat, but what you find in the supermarket has to be refrigerated because it is injected with so much water to bulk up the weight," explains Charlie, who met with curing expert Jasper Aykroyd to figure out how he could make his bacon-onsubscription plan work. "Jasper explained that when using traditional methods, bacon doesn't have to be refrigerated, as long as the pH levels and salt content are correct, because there's no water in it for nasty bacteria to grow." Taking on the old tractor shed of a family friend to use as an office and production unit, Charlie perfected the four-week process and discovered that this method also generated better-tasting bacon. "The flavour is much more intense, it cooks quickly and you don't get that horrible white gunk in the pan," he says.

Continuing to think outside the box, Charlie overcame one potential flaw in the business by sourcing a harmless deterrent spray that could be used on the packaging for customers with dogs. His mother Di, a keen cook, then took over production and began experimenting with flavours, while Charlie set about using his technical skills to design a website and asked industry contacts to start a social media campaign. As a result, by the time the product launched in May 2014 with weekly, fortnightly and monthly subscription models, they quickly attracted around 50 subscribers (they now have nearly 1,000).

Cure & Simple offers six flavours, including Original, Old English and Thai, all created with pork sourced from a local farmer. However, Charlie would like to start focusing more on heritage pigs, and has just begun breeding some Gloucester Old Spots on an II-acre woodland site nearby. "We get a huge amount of positive feedback," he says. "Life is much less stressful now and I'm proud that we are giving people the chance to taste true bacon."

To find out more, visit cureandsimple.com.













OPPOSITE AND THIS PAGE Charlie now breeds Gloucester Old Spots to produce his delicious bacon, which is available to buy on subscription



FUN WITH FUNGI

Behind an old milking shed near Burgess Hill in West Sussex, you'll find a Heath Robinson-style series of contraptions consisting of old oil drums and a fraying Royal Mail postbag. Although not immediately apparent, this is, in fact, a 'coffee compost pasteurisation plant', purpose-built by the three young men behind the Espresso Mushroom Company. 'I went to a talk about how, in coffee-growing countries, they extract the bean from the cherry, and certain growers use that to produce mushrooms,' explains founder Alex Georgiou, who worked in marketing for Café Direct before setting up the business with his brother Robbie and friend Jon Coombs.

Initially intending to be mushroom growers using recycled coffee grounds from local cafés as compost, they took a unit in an old converted farm building and spent six months researching how to cultivate their own. But while their produce proved popular at local farmers'

THIS PAGE Coffee- and mushroom-lovers Alex, Robbie and Jon (left to right, middle left) start the process of cultivating the fungi in recycled coffee grounds and wood chippings before packaging them







MAKING -- WAYES



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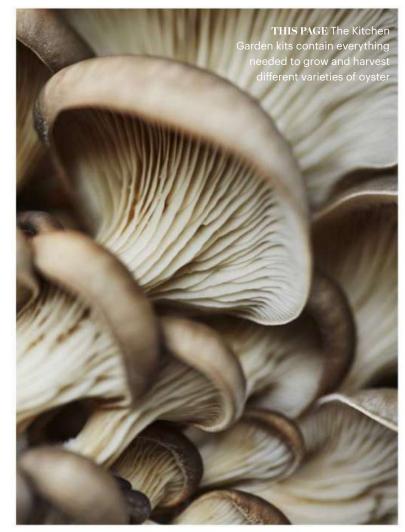


"Not only can people cook meals from scratch, but they can grow their own mushrooms in a couple of weeks"

markets, when they tried to explain where it had come from, they realised that half the pleasure was actually watching the mushrooms develop. Inspired, they began creating their own fungi-growing kits. "It was a way of connecting people with their food; not only can they cook meals from scratch – we also provide recipes – but they are now able to grow their own mushrooms in just a couple of weeks," Alex says.

The coffee grounds are collected from several Brighton cafés each week, which diverts them from landfill and also helps the shops who otherwise would have to pay for their disposal. Being able to harvest and eat the mushrooms immediately also provides a juicier, more peppery flavour than anything you could buy from a supermarket. Robbie and Jon look after the production, and spend hours observing and checking the product, while Alex looks after the marketing and social media. Through this, they receive hundreds of photos from satisfied customers proudly sharing their harvest on Facebook and Instagram.

"The internet has enabled us to be where we are right now," Alex says, "as it allows small businesses to punch above their weight. We don't have money for Google ads or marketing, but we can sell through our website. It's a very democratic way to get the word out, while social media helps us to connect with our customers, which is especially important when you have an unusual product."



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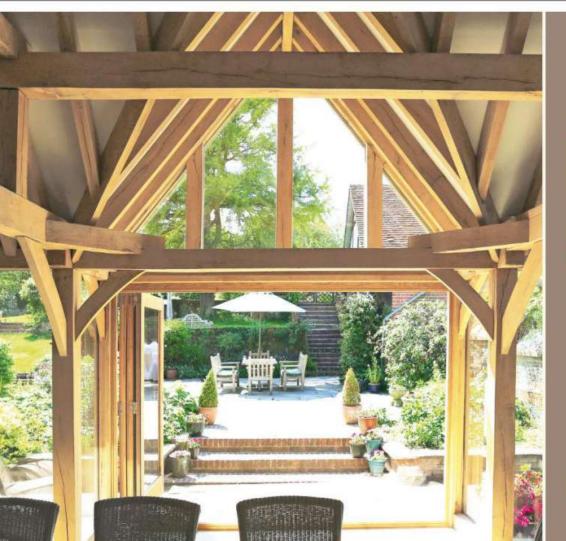
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If you're considering owning a dog, thinking about how you will suit each other is the vital first step. In this series, we help you find the right breed for your lifestyle

WORDS BY RACHAEL OAKDEN

#3 FAMILY-FRIENDLY DOGS

ave you moved to the country to start or raise a family? If so, it won't be long before you're thinking about filling the dog-sized hole in your life. The arrival of children is often followed by the acquisition of a dog, because suddenly there's a stay-at-home or work-at-home parent to look after it.

Whatever the size and shape of your household, a four-legged family member will entertain, comfort and bond. It keeps you all fit by taking you out on walks and, amid the ups and downs of life with tantrum-throwing toddlers, warring siblings and simmering teens, it provides non-judgmental companionship. Even its

most revolting misdemeanours (and every dog-owning family can tell of at least one) create shared memories that will be giggled over long after the pet has departed.

However, not all dogs are suited to family life: they need lots of energy and calm temperaments. The breeds suggested here are likely to have such attributes, but breed alone is no guarantee that a dog will be safe around children. Each animal is an individual, and one that has been frightened or hurt by children can develop negative associations that cause it to snap at them. If it feels threatened, even the most docile dog can act unpredictably. That's why you should never, ever leave a young child alone with any dog.



Three breeds to suit a family



DANDIE DINMONT Terrier

Bred to hunt and kill small mammals, terriers are not the first group of dogs that springs to mind when it comes to family-friendly pets. Yet this gentle rarity is an exception to the rule. Its cheeky expression, big black eyes and shaggy grey coat make it resemble a teddy bear come to life, and it is just as lovable as it looks.

Although the Dandie got its name from a character in the 1814 novel *Guy Mannering*, this plucky vermin hunter was a favourite of Scottish aristocrats long before Sir Walter Scott made it famous. Today the Dandie earns its keep as a pet and in the show ring – where its fluffy topknot is often primped into a bouffant that exaggerates its large head – but it is now a vulnerable native breed, with just 144 puppies registered last year.

Families will find in it a jolly companion that can be affectionate with children if it is raised alongside them. It has low exercise requirements and a non-shedding coat, making it a relatively undemanding member of a busy household. This strong-willed Scot makes its presence felt with a deep, loud bark, and it can be wary of strangers. But train it properly from puppyhood and it will reward you with loyal devotion.

COUNTRY OF ORIGIN GREAT BRITAIN

ORIGINAL PURPOSE HUNTING RABBITS, BADGERS AND RATS

LIFE EXPECTANCY
13-15 YEARS

HEIGHT RANGE 25CM-28CM

BREED CLUB DDTC.CO.UK

COUNTRY OF ORIGIN GREAT BRITAIN

ORIGINAL PURPOSE
HERDING SHEEP

LIFE EXPECTANCY 12-14 YEARS

HEIGHT RANGE 51CM-61CM

BREED CLUB BRITISHCOLLIE. CO.UK

THIS PAGE The companionable nature of the Dandie (top) and rough collie (right) make these breeds ideal for busy households Today's children may not be familiar with *Lassie*, but their parents will almost certainly spare a misty-eyed sigh for the world's most famous superdog. It was no coincidence that this selfless life-saver was a rough collie: the breed has a reputation for being fiercely protective, especially of children.

The rough collie and the smooth collie are variations of the same breed, developed in Scotland in the 1800s to herd sheep. Its slender-faced good looks and three-way colouring caught the eye of Queen Victoria, whose fondness for it made it fashionable. During the 20th century, the rough collie, with its Hollywood associations and lustrous coat, became popular on the show circuit; but the less glamorous smooth collie is now the second most vulnerable native breed.

Both the rough and smooth collie make gentle pets. Their strong sense of loyalty can cause them to be reserved around strangers, but plenty of socialisation during puppyhood can counter this. They like exercise but don't demand it, fitting well into busy families where rambles are reserved for the weekend. The rough collie also loves to have its coat brushed every day, a lovely bonding activity for a young family member to take on.



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KITCHENS

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LABRADOR RETRIEVER
Dependable, plain and ubiquitous, if the Labrador retriever were a type of shoe, it would be a lace-up brogue. This intelligent, loving dog thoroughly deserves its status as Britain's favourite breed and its reputation as an excellent family pet.

Descended from Newfoundland fishing dogs that were imported into the UK by 19th-century landowners, it became prized for its ability to sniff out and retrieve wounded game birds. The gentleness and sensitivity that make it such a superlative assistance dog are the same qualities that equip it well for family life. It is exceptionally tolerant of having its nose tickled by little fingers or being used as a furry pillow, and on family walks it will run back and forth to round up the smallest members of its 'pack'.

Labradors are generally less effusive than other gundogs and are happy to spend long hours snoozing on their cushions. But, like all working breeds, they will become bored and troublesome if not given plenty of exercise daily. It's essential to develop a hard heart when it comes to their obsession with food, too – however much those liquid eyes plead for another biscuit. Research suggests that half the Labradors in the UK are overweight, and this may exacerbate the painful hip and elbow dysplasia to which the breed is prone.

COUNTRY OF ORIGIN GREAT BRITAIN

ORIGINAL PURPOSE RETRIEVING GAME

LIFE EXPECTANCY 12-13 YEARS

HEIGHT RANGE 54CM-67CM

BREED CLUB THELABRADOR RETRIEVER CLUB.COM

THIS PAGE The sensitive, loving Labrador has earned its reputation as a family favourite

The tolerant Labrador will often allow little fingers to tickle its nose

BUILDING TRUST IN THE FAMILY

SOCIALISATION

As John Bradshaw writes in his bestselling In Defence of Dogs, some dogs distrust children instinctively because they see them not as little humans but as a separate category of creature altogether. If you're taking on a puppy, you have a golden opportunity to raise a pet that will be comfortable and calm with children. During the peak socialisation period of eight to 16 weeks old, introduce it to as many children of different ages and appearances as possible. The more well-behaved and gentle the children are, the more positive the animal's associations will be and the more it will delight in the company of young people throughout its life.

TAKING IN A RESCUE DOG

Any dog that has not been well socialised with children should be treated with caution by young children and their parents. The Kennel Club advises families with very young children not to consider re-homing a dog unless they know its full history. But many rescue ones will be good with older children, as well as being calm, affectionate, sociable and playful. Never choose a rescue dog based on its appearance; listen to the advice of the rescue-charity staff, who will be familiar with the temperaments of the creatures in their care.

TRAINING CHILDREN

Teenagers may thrive on the responsibility of teaching a puppy, but if you have young children, you will be taking on the added burden of training them alongside the dog. Youngsters who are too generous with treats can play havoc with your regime. Many dog trainers welcome children into their puppy classes: contact The Kennel Club (thekennelclub.org.uk), a professional organisation such as the Association of Professional Dog Trainers (apdt.co.uk) or Academy of Dog Training and Behaviour (adtb.co.uk).

Next time: dogs that get on with other pets

Arearma outlook

Heat your home sustainably while reducing your energy bills with Samsung's Eco Heating System

s winter approaches, our thoughts turn to heating our homes, with many of us concerned about the environmental as well as the financial cost. Rising energy prices mean we are all looking for alternatives to gas and oil, and an excellent option is Samsung's Eco Heating System, which reduces both carbon emissions and fuel bills. It works by using clever air-source heat-pump technology, which transfers heat energy from outside air, heating the water that travels to your radiators or underfloor heating system. And it can be fitted without having to replace existing pipes or radiators, making the process simple and kinder to the pocket. The Samsung Eco Heating System is flexibly designed to suit a range of needs, so you can be assured that your home will feel as warm and cosy as possible.





KEEPING THE COSTS DOWN

To help cover the price of installation, there is a government-led Renewable Heat Incentive (RHI), introduced to promote the use of renewable heat. Those joining the RHI scheme can claim payments from the government every three months for the next seven years. Based on the average three-bedroom house, that could mean a payment of up to £175.18 per quarter. For more details, see govuk/domestic-renewable-heat-incentive.

For more information about the Samsung Eco Heating System, the products that are available and where to buy them, visit samsung.com/uk/ehs

PROMOTION

SAMSUNG







THIS PAGE, TOP A vintage wrought-metal screen brings decorative interest to a plain fireplace, while serving a practical purpose ABOVE Stylish inbuilt storage for logs can be provided beneath a contemporary recessed fireplace RIGHT This Edwardian wooden fire surround has been painted to lighten its appearance OPPOSITE A warm green shade has been used to highlight and make a feature of the chimney breast in this characterful cottage

FIREPLACES

A real fire always adds a special ambience to a room, particularly one that is the heart of the home such as the sitting room or kitchen where everyone can gather and enjoy the crackle of wood and the glowing of the embers. And while it may only serve to warm that particular space because a significant proportion of the heat generated (as much as 80 per cent) will be lost up the chimney, the psychological benefits are worth the investment. Wood is a better choice than coal, as it is renewable and considered carbon-neutral and, if you have access to an abundant supply from a nearby woodland, then it's economical, too. Source pretty cast-iron fireplaces and mantelpieces in keeping with the age of your property from salvage yards and vintage markets or go for a pared-down rustic look and team a grate with large woven willow baskets for logs and kindling and a set of contemporary forged-iron fireside tools.

• With an open fire, always keep a fireguard to hand for safety and get the chimney swept regularly by a professional. Find one via The National Association of Chimney Sweeps (nacs.org.uk).

If in doubt as to what fuel you can burn in your area, contact your local council or visit gov.uk/smoke-control-area-rules.





STOVES

A stove is a more efficient fuel-burning option than an open fire – it loses only about 20 per cent of heat produced and can be used to warm the water, too. They work best with very seasoned wood, or you could choose the gas option, which is clean, quick to ignite and has realistic-looking flames. Another benefit of a stove is that it gives you more flexibility – placing one in the centre of an open-plan room, for example, ensures even heat flow and makes a striking design statement, or you could install one in a redundant fireplace as a fire substitute. Styles range from the traditional black cast iron – perfect for a country cottage kitchen – to the contemporary, stainless-steel and brightly coloured pedestalmounted designs – ideal for a modern barn conversion.

- Select a stove with the right energy output for the size of the room, taking into consideration high ceilings, un-insulated outside walls, additional heating systems and open staircases when making the calculation.
- When opting for a gas stove, the stove and flue installation must always be carried out by an engineer on the Gas Safe Register. For details of your nearest one and more information, visit gassaferegister.co.uk.







THIS PAGE, FAR LEFT Cast-iron stoves now come in an array of lighter finishes. The Country Living Bembridge stove seen here, produced in collaboration with Charnwood (charnwood. com), costs from £830 and is available in five colours LEFT A plain metal stove with sleek lines suits a modern rustic look (similar from Contura; contura.eu) ABOVE This slim woodburner (a vintage model from Jøtul; jotul.com) suits the dimensions of a narrow shepherd's hut

SOURCEBOOK: STOVES & FIREPLACES

- ARADA (aradastoves.com)

 Stoves on classic lines, plus more contemporary styles.

 Based in Axminster, Devon.
- (G) CHARNWOOD (charnwood.com)

 Traditional, as well as more modern cast-iron wood and multi-fuel stoves, including Country Living's Bembridge design in five colours, are made by this Isle-of-Wight family firm.

CHESNEY'S (chesneys.co.uk)
Large selection of period

- fireplaces and stoves that combine the latest energy-efficient and climate-friendly technology.

 CLEARVIEW (clearviewstoves. com) Range of classic castiron stoves from Shropshire.
- B ELGIN & HALL (elginandhall. co.uk) Simpler styles of fireplace in marble, limestone and wood.
- JAMB (jamb.co.uk) Quality reproduction fireplace styles in stone and marble,
- plus a collection of antique examples from the 17th, 18th and 19th centuries. Range of foundry-made fireside accessories and tools.

 JOTUL (jotul.com) Cast-iron stoves from Norway in simple classic designs and contemporary cylinder versions, distributed throughout the UK.
- MORSØ (morso.co.uk) Danish cast-iron stoves in modern and traditional designs,

- including cylinder styles that make a bold statement as freestanding pieces.
- R JROTHERHAM (jrotherham. co.uk) Stone and marble fireplaces in both classic and more modern styles.
- S STOVAX (stovax.com)
 Freestanding cast-iron
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 contemporary designs in
 a choice of colours. Also
 wall-mounted fireplaces.
 Based in Exeter, Devon.



JØTUL F 105



Jøtul F 105 SL



Jetul F 105 LL



Jøtul F 105 B

In spite of its size the Jøtul F 105 is a wood stove that stands out from the rest and is adapted for low energy homes.

Some of the distinctive design elements of this wood stove include the large horizontal glass door, which offers a great view to the fire and the intuitive air control that make it very user friendly.

The wood stove is available on short legs or longer legs or on a

With Norwegian designers Anderssen & Voll, we have made a stove which merges 160 years of heating experience with timeless design.



Torbjørn Anderssen and Espen Voll



RADIATORS

A central-heating system need not be quite as dull as it sounds. Practical and purposeful, it involves a single boiler that heats up water and circulates this through pipes to radiators in each room. But it can look good, too, particularly with the modern trend for industrial-inspired interiors, which means that old-style, solid cast-iron radiators are now very fashionable. Source original and reconditioned ones from reclamation yards, or modern-day reproductions from architectural-fittings merchants and enjoy the variety of decorative styles, colours and metallic finishes now available. Their chunky design will provide plenty of architectural integrity and utilitarian grandeur in any rural-style interior, while their column construction of individual sections welded together allows for custom-made sizes to fit tiny rooms or awkward spaces.

- Opt for A-rated boilers to accompany heating systems in order to achieve more than 90 per cent energy efficiency.
- Calculate a room's BTU
 (British thermal unit)
 to work out how much
 radiator capacity you will
 need to heat it you can do
 this online at bestheating.
 com/btu-calculator.
- For optimum heat efficiency, fit thermostatically controlled valves look out for decorative wheel-head styles in traditional brass, nickel or copper.
- One of the easiest ways to improve the efficiency of your heating system and reduce winter fuel bills is to bleed the radiators.





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SOURCEBOOK

KENSA HEAT PUMPS

(kensaheatpumps.com) Full range of heat pumps, including the Shoebox, which is small and quiet.

THE UNDERFLOOR HEATING **STORE** (theunderfloor heatingstore.com) Wide choice of products for installing underfloor heating systems,

including both electric and water options. **UNDERFLOOR HEATING SYSTEMS**

(underfloorheating systems.co.uk) Warm water underfloor heating systems with an instructive website.

WW WORCESTER BOSCH

(worcester-bosch.co.uk) Comprehensive selection of pumps available.

& HEAT PUMPS

Underfloor heating is not a modern-day phenomenon - it was the Romans who first used underground channels to produce a warm-air convection system to heat the space above it. Today's versions include a wet system that takes water from the central heating and pumps it around plastic pipes, or a dry one with loose-fit wiring, electric-cable systems or heating mats connected to the mains supply. For an eco-friendly heat supplier that works particularly well with underfloor heating and saves money, too, consider a ground-source heat pump - ideal for homes with large gardens. Pipes are buried in the earth to extract heat from the ground that then passes through an exchanger to provide your home with warmth. They can be used to replace conventional electric heating, thus lowering fuel bills, and even provide an income via the government's Renewable Heat Incentive (RHI). It's possible to warm your home and water and they don't require much maintenance at all. Whichever method you choose, underfloor heating works wonderfully well under natural stone and ceramic tiles, making it ideal for kitchens and

bathrooms with a contemporary feel.

- The main benefit of underfloor heating is that it works from the floor upwards, allowing an even distribution of heat and so maximising comfort levels.
- Wet systems are ideal for spaces where it is possible to take up the existing floor or where new floors are being constructed, such as extensions and conservatories.
- Dry systems tend to be better suited to upstairs rooms, where they create less disruption to the existing floor structure.
- When selecting your flooring, check with the manufacturer about suitability - for example, some carpets are too thick and insulate the floor instead of allowing the heat through.

132 NOVEMBER 2015







Our 2015 charity of the year enables those with mental and physical difficulties to achieve by harnessing the therapeutic power of gardening. We visit Thrive's flagship site in Berkshire, where this month there are preparations for spring and new beginnings

WORDS BY ANNA JURY PHOTOGRAPHS BY JASON INGRAM







"Knowing more about the vegetables has helped me be healthier and feel better"

IT'S A FRESH, CLEAR NOVEMBER

day, the kind that only sees the most dedicated of gardeners venturing out, but that hasn't deterred the team at the Trunkwell Garden Project. From behind a red brick wall strewn with ivy comes a babble of excited voices as 30 'client gardeners' receive their jobs for the day. Soon they will disperse to start their tasks and it's then that this three-acre Victorian walled plot, once part of a family estate, begins to feel like a secret garden. Hidden down winding paths, groups of people are mulching the winter vegetables or planting primulas ready for spring. Many have learning difficulties, mental health issues or are recovering from a stroke, but today that doesn't matter - they're working hard to maintain the garden and enjoying the restorative effects it provides.

Thrive's concept of harnessing the therapeutic powers of gardening, also known as Horticultural Therapy or HT, is not new. Its first recorded use was in ancient Egypt and it has since been practised extensively, notably to help traumatised soldiers returning from two World Wars. Today, 24,000 people in Britain are involved in HT programmes, many managed by Thrive. Despite their high success rate, however, Britain is yet to acknowledge formally the impact HT can have, unlike America and Sweden where it is recognised by the medical profession. Today there's no shortage of evidence that it works, as the following examples show.

OPPOSITE AND THIS PAGE Since starting at Thrive and working in the garden, Carly, Graham and Janine have learnt valuable social skills, which have increased their confidence in daily life

Carly, 28, one of Thrive's client gardeners, couldn't tie her shoelaces or prepare food for herself when she first joined, and on occasions had to bring her own support worker to sessions, as she struggled to control her moods. Now she lives on her own (which she enjoys because she can go to bed whenever she likes) and is proudly sporting turquoise bows she has tied on her shoes. "I've been coming to Thrive for six years. I like doing the gardening and seeing my friends," she says, while stripping dried lavender that was gathered in summer. "My favourite thing is harvesting vegetables and putting leaf mould around the plants to keep

them warm. I like learning to cook, too. Now I can make soup and apple crumble. Knowing more about the vegetables has helped me be healthier and feel better."

Carly's future looks bright. This September, she started studying gardening one day a week at college, something that would have been unthinkable a few years ago. The secret of Thrive's success, says session co-ordinator Karen Fendley, is that client gardeners are never underestimated: "Many people treat those with learning difficulties like babies, but we focus on what they can do, not what they can't."

"When I got my qualification, I felt really happy and good inside"

Well over six foot tall, and often with a beaming smile, Graham, 29, is a dab hand at manoeuvring a loaded wheelbarrow and can be seen today striding purposefully between the dormant flowerbeds before settling down to plant seeds in pots to be given as Christmas presents. Seeing him laughing with other Thrive members, it's hard to believe that his first goal on joining was to be able to sit next to someone new during his tea break. Now all shyness has evaporated and he has completed a City & Guilds Level One Diploma in Work-Based Horticulture, the first qualification he has ever

received and something that has enabled him to get a part-time job. "I didn't know much about gardening before I came to Thrive," he says, "only what my mum had taught me. Now I've learnt much more and I've got my qualification. When that happened, I felt really happy and good inside."

Like many people caring for those with learning difficulties, Graham's parents would have little outside help if it weren't for the organisation. "He is valued for who he is and is set realistic challenges," says Graham's mother Karen. "For someone else to have his best interests at heart means a lot to us."

countryliving.co.uk NOVEMBER 2015 🚅 135

CHARITY

"I grow my own vegetables at home. I think they taste better" JANINE

With her sessions at Thrive, plus a voluntary role that she cycles to, Janine, 32, is busier than most people without a learning difficulty. But were it not for Thrive's support, few of those things would have been possible. Articulate and friendly, she's happy to talk about how much she loves the sessions as, muffled up against the cold, she carefully places tulip bulbs into earthfilled troughs: "My life's different to when I first came. I've lost loads of weight and learnt about nice things to eat; now I grow my own vegetables at home. I think they taste better."

The confidence Janine has gained enabled her to study floristry at college and, earlier this year, she provided the flowers for her brother's wedding. Although she was turned down for a role in a florist's because she needed "too much support", she hasn't let that bother her. "Now I just do it as a hobby. I also go to the garden centre with my mum to help her choose flowers."

"The broad spectrum of people that Thrive can help is remarkable," explains its communications officer Alyson Chorley. "These are often people who would otherwise put additional strain on the NHS or have no support at all. I say to those who dismiss HT as 'just a bit of gardening' that it might not be right for everyone but for people like Carly, Graham and Janine, its effects can be life-changing."



THIS PAGE Doing set gardening tasks in the fresh air has helped Janine to work on her own goals for the future









HOW YOU CAN HELP

FOLLOW

Catch up with Thrive on Twitter (@thrivecharity) or like its Facebook page (facebook.com/thecharitythrive).
VOLUNTEER

Thrive is keen to recruit more help and you don't need a qualification in horticulture to get involved. Find out how you can take part in many ways at thrive.org.uk. The charity also conducts corporate volunteering days – find out more by calling 0118 988 5688.

FUNDRAISE

Next summer, why not take part in Thrive's Great Garden Party? Invite friends and neighbours to spend time in your garden. Have a cake sale, run a raffle or sell plants. Download a pack at thrive.org.uk. DONATE

Text Thri02, including the amount you want to give, to 70070 – eg Thri0235 to give £35; call 0118 988 5688 or contribute online at thrive.org.uk – sign up for a regular gift of £5 per month.



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you to create a unique look, while Amtico Spacia features many appealing products, with a 0.55mm wear layer, where the design work is done for you. Ideal for family life, the tiles are low maintenance, stain resistant, warm underfoot and suitable for underfloor heating. Amtico Signature comes with a lifetime warranty and Amtico Spacia with a 25-year warranty, so for flooring that will give you pleasure now and peace of mind for years to come, choose Amtico.

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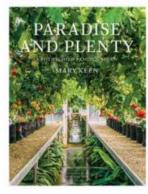
with propagating for spring, while garden centres focus on colour. The National Trust's Bodnant Garden near Colwyn Bay is in a spectacular setting, overlooking the River Conwy - a perfect backdrop to trees in their fiery finery. national trust. org.uk/bodnant-garden

Saraen 2000 es

Everything you need to know to get the most from your plot in November

WORDS BY STEPHANIE DONALDSON

of qualities: a plant should be excellent for ordinary use in appropriate conditions, easily available, have a good constitution, be stable in form and colour, and reasonably resistant to pests and diseases. In other words - a good by the word 'new' on a plant or packet of seeds, experience has taught me that doer, such as Clematis 'Polish Spirit' (above left). The list is updated regularly, so worthwhile introductions will earn well as their predecessors. Despite much fanfare at their arrival, they usually sink an AGM before long - I find it useful without trace after a couple of years, as when choosing vegetable seeds, as these they need more nurturing than most of proven types give the best chance of a good crop. Similarly, trees, shrubs and them. I prefer to wait to see if a plant is perennials with an AGM offer the Still available in three years' time - a good closest to a guarantee one can get in gardening. See what is happening in my Meanwhile, if I'm looking for something plot at theenduringgardener.com and I recommend mygardenblogs RHS's Award of Garden Merit invaluable. blogspot.co.uk about a keen beginner's Edinburgh garden.



GROWING **INSPIRATION**

Paradise and Plenty by Mary Keen (Pimpernel Press, £50) provides a window into the productive walled garden at Lord Rothschild's private country house of Eythrope in Buckinghamshire. Of a size that is now unique, the garden produces flowers, fruit and vegetables for a house where entertaining is still done on a grand scale. But this book is more than a vicarious look over the walls - it is a record of tried-and-tested traditional and modern techniques.

each year, assessing them for a range

WHAT TO DO

In the greenhouse

Clear beds or growbags, water well and plant up with winter salads. Bring some potted bulbs under cover for early displays.

Ventilate in fine weather to prevent a build-up of pests and diseases.

In the garden

Plant bare-root roses in good weather. Reduce height of shrubs and roses to avoid wind damage. Tie in climbers.

Remove decaying plants and leaves from ponds.

Keep gathering up fallen leaves. Plant tulips and other remaining bulbs.

On the allotment

Sow early peas and broad beans and cover with fleece.

> Plant garlic in the sunniest spot. Net brassicas to keep pigeons at bay.

NOVEMBER 2015 🚅 139

THIS MONTH...

Although I'm Still too easily seduced

these novelties often fail to perform as

us have the time or inclination to give

sign it's not just a one-season wonder.

reliable and garden-worthy, I find the

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LORAL FAVOURITE

This is the perfect time to plant bare-root roses. 'Kew Gardens' is a pollinator-friendly single variety with clusters of blooms from early summer to the end of the season. Soft apricot buds can be removed to encourage repeat flowering. Thornless with a bushy, upright habit, it is ideal for the back of a mixed border, group planting or a flowering hedge. Order for £16.50 each or £14.95 for three or more at davidaustinroses.co.uk.

BUY WISELY Gardening toolbags

BUDGET The gardener's tool bag by The Worm That Turned is made from jute with a flat base and has six external pockets (£5.95, worm.co.uk). **AFFORDABLE** In canvas and jute with red or green canvas trim, the back door gardening bag by Carrier Company (below) has a pocket for your mobile (£18, carrier company.co.uk).**INVESTMENT** For the really serious gardener, the traditional leather bucket bag by Haws Heritage Leatherware has five external pockets, leather handles and a detachable shoulder strap (£95.99, gardengiftsdirect.co.uk).

Tip: save on plant labels by buying packets of wooden tongue depressors (89p/100, medisave. co.uk)

EVENT RHS London's Secret Garden Sunday Frost Fair is taking place on 1 November at Lindley Hall (rhs.org.uk).



Bird feeders, insect hotels and nest boxes are generally rather rustic or utilitarian, but the new range from prezzybox.com has a sculptural appeal and would look great in a more contemporary setting. At £24.95 each, when grouped together on a wall, they will be as much a work of art as a lure for birds and beneficial insects.





PICK OF THE SHRUBS Cotinus 'Grace'

WHY? Also known as the smoke bush, this exceptionally beautiful, rounded shrub has autumn foliage that brings a flash of fiery colour to the dreariest of days. Earlier in the year it is smothered with a haze of pinkish-purple flowers above broad purple-tinged leaves. WHERE? It likes to grow in full sun or partial shade in moderately fertile soil and can reach between one and one-and-a-half metres a year in its early life. The leaf colour is best when grown in full sun. It can be hard-pruned annually to encourage large leaves and a bushy shape. **BEWARE** It is susceptible to verticillium wilt and to powdery mildew in dry conditions.



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explore... NIDDERDALE

In the heart of the Yorkshire Dales, this Area of Outstanding Natural Beauty is a wild and wonderful mix of heather moorland, ancient meadows, stone-built villages and sheltered river valleys

WORDS BY CHRISTOPHER SOMERVILLE





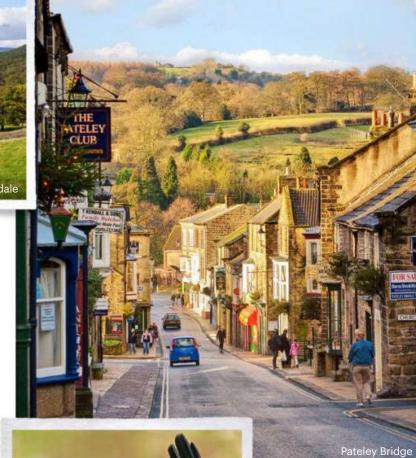
bove Middlesmoor, the last and highest village in Upper Nidderdale, North Yorkshire, a quad bike bounces along In Moor Lane between the stone walls with a spluttering roar. The farmer jolts in her seat, her eyes darting across her flock. November is tupping time, and most of the ewes wear a blotch of blue raddle across their rumps, evidence that the ram has done his duty. The sheepdog sits tight beside his mistress. No dashing about for him today, not with the ewes in their condition. Give or take the quad, this could be a scene from any time over the past 500 years.

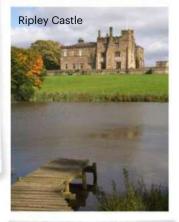
For all its wild beauty, there is nothing soft or chocolate-boxy about Upper Nidderdale – it's hard upland country. The underlying gritstone makes the houses, barns and walls sparkle in sunshine, but also introduces a sombre edge. This is sheep-farming land, where winter is already biting hard. Nidderdale is extremely beautiful, with its green pasture fields down in the dale bottom, its stone-built villages and the walls that wriggle up the hillside like snakes to reach the brown moorland at the rim. This is a place where man and nature work together and the farmers are the custodians of the landscape.

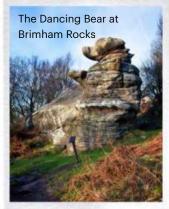
CULTURE AND COMMERCE

At the foot of Nidderdale lies a surprise – the alpine-looking estate village of Ripley, all pretty stone houses with arched windows and doors, remodelled back in the 1820s by the somewhat autocratic Sir William Amcotts Ingilby of Ripley Castle. A must is a visit to Hutchinsons the butchers (hutchinsonsofripley.co.uk), which is tiny and immaculately kept – the game in their pies is sourced from the Ripley Estate. Further up the River Nidd at the heart of Nidderdale, Pateley Bridge is a more typical Dales village, with proudly independent shops shoulder to shoulder along the steep streets. This is the commercial and cultural centre of the area,

where sheep farmers and visitors mingle on the narrow pavements. The former workhouse has been converted into the King Street Workshops (kingstreetworkshops.co.uk), whose enthusiastic workers will talk you through their various crafts. Andrew Sanders and David Wallace make beautiful glassware using simple traditional tools; Joe Hayton sculpts in stone and bronze; Debby Moxon and Ian Simm produce delicate silver jewellery with abalone and semi-precious stones; while Claire Spooner is a milliner who designs for special occasions. The building also houses the Nidderdale Museum, which has excellent displays on the lead mining, farming and quarrying that have shaped the area. Pop

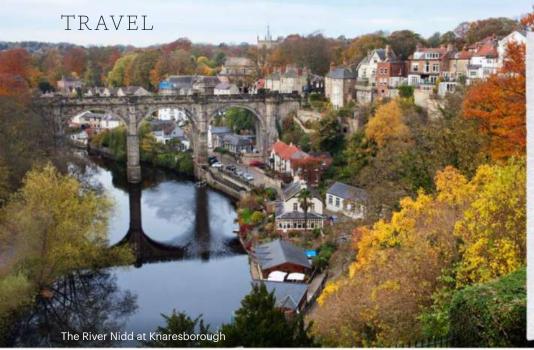






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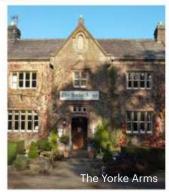
Red kite













into The Oldest Sweet Shop in England – and, indeed, the world! – (oldestsweetshop.co.uk) on the High Street for a bag of proper nostalgic black bullets, chocolate satins or sweet tobacco.

The bottom road winds on through Upper Nidderdale past a succession of small villages – Wath, Ramsgill and Lofthouse – each one neat, tidy and compact in local stone under tiled roofs. The narrow road peters out beyond Middlesmoor, with its dramatically perched church, from where there are fabulous views back down the valley. For a unique souvenir, buy one of Dave Fothergill's handmade walking sticks in the bar of the Crown Hotel, Lofthouse, or the 'other' Crown at Middlesmoor. (Many shops do not accept cards, so take cash and chequebook with you.)

WALKING AND BIRDING

The 53-mile-long Nidderdale Way footpath runs up the western flank of Upper Nidderdale to Scar House Reservoir, before looping back along the eastern side. East of Pateley Bridge lie Brimham Rocks (national trust.org.uk/brimham-rocks), a cluster of gritstone outcrops weirdly and wonderfully carved by weathering. At Greenhow Hill, west of the town, The Coldstones Cut (thecoldstonescut.org) is a vast stone-built

LIVING LANDSCAPE

There's a powdering of early frost on the rough track that leads west from Pateley Bridge towards the moors. The lane dips to cross Branstone Beck, and, as it rises again, the green fields and stone barns of the lower dale vanish. Moorland of brown heather rolls away on either side. The gritstone walls sparkle with chips of quartz. A dozen red grouse sit on top, and as you come level they whirr away across the moor with a burst of hysterical cackling. At the summit of the rise, the track levels off, and there below lies all that remains of the old Providence lead mine. Down by the beck stands the ruin of a water-powered smelt mill, its handsome arch held up by timber framing. Sit on the footbridge and pull out your tea flask, picturing the be-whiskered men who mined and smelted the lead here in Victorian times. This beautiful corner of Nidderdale was a smoky, clangorous hive of industry back then. But it's hard to believe that now, as the beck chuckles under the bridge and the wind stirs the birch and ash trees that overhang the water.

installation offering a bird's-eye view of an enormous working quarry.

Take your binoculars to the viewing area on Gouthwaite Reservoir to watch goosanders, goldeneyes and pochards, and have the chance of spotting red kites, hen harriers and merlins. Explore Stump Cross Caverns (stumpcross caverns.co.uk) to see spectacular rock formations. For adrenaline thrills, go ledge-creeping (beware – it's slippier than you think), canyoning and wirewalking in the twisting depths of How Stean Gorge near Lofthouse (howstean.co.uk). Welcome to Yorkshire's website (yorkshire.com) is very informative.



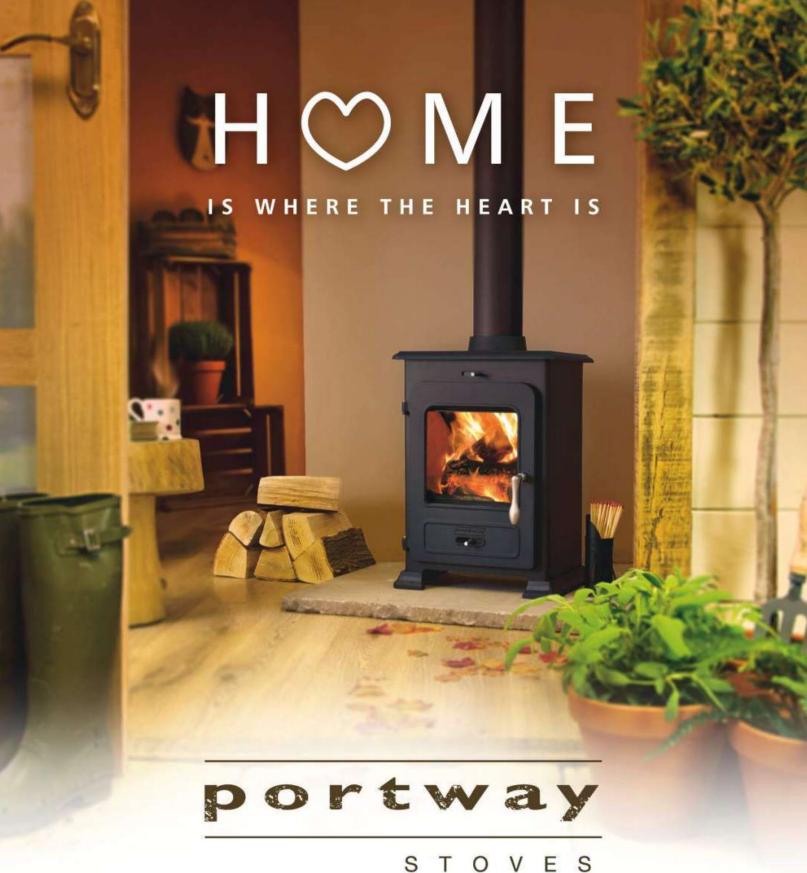
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MEET THE URBAN ARTISANS

Blenheim Forge

Three self-taught knifemakers in south London are blazing a trail with their cutting-edge Japanese-inspired designs

WORDS BY MICHELE JAMESON • PHOTOGRAPHS BY DAVID HARRISON

JUST A SHORT WALK FROM THE busy high street of Peckham in south London, you'll discover a thriving creative quarter beneath the station arches, home to a host of contemporary artists, including ceramicists, sculptors and printmakers. Look behind a decorative, red wrought-iron gate, however, and you'll be transported back in time to a world of fire and stone, where age-old traditions and tools are still used to form the most beautiful of implements.

Blenheim Forge is just two years old and yet the space is already layered with powdery black soot and full of timeworn machinery. Accidental artisans Richard Warner, 27, Jon Warshawsky, 31, and James Ross-Harris, 25, work here every day, creating stylish and timeless knives, heating steel in the blazing forge, then hammering it on iron anvils and shaping pieces of wood into smooth handles.

Making knives has been a natural progression for James, whose mother is a silversmith. After completing a design engineering degree at Goldsmiths College in London's Camberwell, he focused on metalwork, producing bespoke furniture in his garden forge, which he built himself. Shortly after he met like-minded, new housemate Jon, who was working as a carpenter while studying philosophy, the pair began to experiment with the art of knifemaking. What started as just a hobby soon became a major interest.

On discovering the satisfaction felt when they created their first knife in 2012, they started to work at weekends in the arches with James's old boss, and when the space became vacant, they moved in full-time, learning, as they went along, the labour-intensive process that Japanese bladesmiths take decades to master. After their friend Richard joined them last year (he had previously been a miner in Australia), he helped to make all the forge machinery, including the rotating waterstones, belt sanders and Japanese-style whetstone grinder from an old motor, wood and part of a beer barrel. Most of the tools have been custom-made from recycled materials, and the four anvils were found locally, too. "It's amazing what you can discover online," Jon says.

The skilful trio each play their part in crafting the finished items, taking inspiration from Japanese designs, demonstrated in the names given to their knives, including Santoku ("three virtues", named for its ability to perform three main tasks – slicing, dicing and mincing)













Soot-encrusted faces are all part of the job

and Nakiri (knife for cutting greens). Throughout the stages of grinding and polishing steel, large quantities of charcoal and coke are burnt, so soot-encrusted hands and faces are all part of the job. "We import our steel from Japan," James says. "It's actually harder to work with, but you get a nicer edge and it's so much easier to sharpen." The metal is laminated to form a beautiful ripple effect on the blade, which is made with anything from 180 to 400 layers welded together in what is known as a Damascus design. The intensive technique involves heating the metal to an incredibly high temperature of up to 1,300°C, hammering, pressing and grinding it, then repeating this over and over again.

The handle is fitted to the knife before the blade is finished by hand and sharpened on the fine-grit York stone grinder. As the waterstone grinds the hardened blade, making high-pitched screeching noises, water is sprayed over to keep it cool and ensure it keeps its THIS PAGE
Using their
hand-crafted
tools, Jon
and James
heat the steel
to blazing
temperatures,
then press,
grind and
sharpen it to
create the
blades

shape. Wood used for the handles is sourced locally, mainly apple and cherry from local tree surgeons and gardens in the area. "We avoid tropical timber for environmental reasons, and prefer to start off with a log and choose which bits to use rather than having a pre-cut and treated piece," Jon says.

It takes anything from five hours to five days to make a knife, so each is one of a kind and produced to order; it is clear the team aims for perfection. "For every knife we offer for sale, there is at least one other that has been destroyed through testing its performance or discarded if we're not completely satisfied with it," Jon says.

After first selling to friends, they are now finding that their products are rapidly increasing in popularity in professional kitchens, as the beautifully constructed blades have proved to be culinary classics, deservedly featuring on any discerning cook's wish list.

Blenheim Forge, Arch 229, Blenheim Court, London. Prices start at £80 for a petty (small utility) knife. To see the products and for information about Open House events, visit blenheimforge.co.uk.



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With a wonderfully eclectic mix of vintage finds, Scandinavian influences and a bold, inspired palette, Robert Gordon and Lucie Allison have transformed their spacious garden flat into a warm, welcoming family home of many colours

WORDS BY SUE GILKES • STYLING BY BEN KENDRICK • PHOTOGRAPHS BY RACHEL WHITING





WHEN AN ANTIQUES DEALER and a vintage textiles specialist set up house together, they have a distinct advantage when it comes to furnishing it – and the eclectic home of Robert Gordon and Lucie Allison doesn't disappoint. Always on the lookout for eye-catching pieces professionally, the couple confess that, over the years, many star finds have made their way into the garden flat in Belsize Village they share with daughters, Mabel, 12, and Cicely, nine.

The bohemian, country-in-the-city feel of this leafy north London enclave was what first attracted Robert to the area more than 25 years ago. Located on a broad tree-lined street, the cream stucco exterior of the early-Victorian villa gives no clue as to what lies behind, and visitors are caught off-guard by a kaleidoscope of vivid colour, from fiery orange and lime green to moody mauve, cobalt and deep inky blue. Robert specialises in Swedish antiques – usually associated with a pale, elegant look – and when he first moved in, everything was indeed painted white... But then Lucie

arrived on the scene and the flat was gradually transformed from monochrome into glorious technicolour. "I love experimenting – for me, it's all about how colours sit together," she explains.

She favours Farrow & Ball paints, although not, for her, the popular but safe off-whites and tasteful neutrals – instead, she is drawn to the less obvious, rich, saturated shades with greater depth. "They contain so much pigment, they seem to glow," Lucie enthuses. This is especially true of the wonderfully named Charlotte's Locks, a fiery burnt orange she has used for accent walls in both the kitchen and main bedroom. In the sitting room, a chimney breast in St Giles Blue – an arresting cobalt – stands out against Yellowcake walls (a limey pistachio green), which provide a wonderful backdrop for several striking mid-20th century paintings. The flat is filled with pictures – portraits, still-lifes, landscapes – many of which were sourced on the couple's buying trips to Sweden. Robert's mother is Swedish, so he has a natural affinity for Scandinavian style and imports a











The flat is a stylish testament to a shared passion for all things vintage

 \min of pieces ranging from elegant Gustavian furniture to fabulous finds from the Sixties and Seventies, including various vibrant chunky glass lampbases in the sitting room, where accessories definitely need to be bright and bold in order to hold their own.

A vast sofa, picked up for just £40 off the Portobello Road and re-covered in zingy orange linen, is complemented by vintage tufted-wool cushions in autumnal-hued geometric patterns. "Craft was very big in Sweden in the 1970s, so we come across lots of beautiful handmade textiles and furniture there," says Lucie, who often uses pieces they bring back in her work as a stylist. Rugs in the same distinctive designs soften the painted floors in every room, except the generous entrance hall, where the boards feature a striking chequerboard motif skilfully executed by eye by Lucie in grey and Antwerp blue, reminiscent of a Vermeer interior.

This effect is enhanced by walls in Farrow & Ball's Brassica – an atmospheric 'dirty purple', inspired by visits to Antwerp itself. The

THIS PAGE Cabin-style bunk beds with vintage-fabric curtains are complemented by pretty floral wallpaper, simple Swedish chests of drawers and displays of clothes, bags and colourful, quirky finds in the girls' room OPPOSITE The characterful time-worn patina of an antique Gustavian bed and Art Deco mirror in the main bedroom are offset by walls in Farrow & Ball's bold Charlotte's Locks and more muted 'dirty purple' Brassica

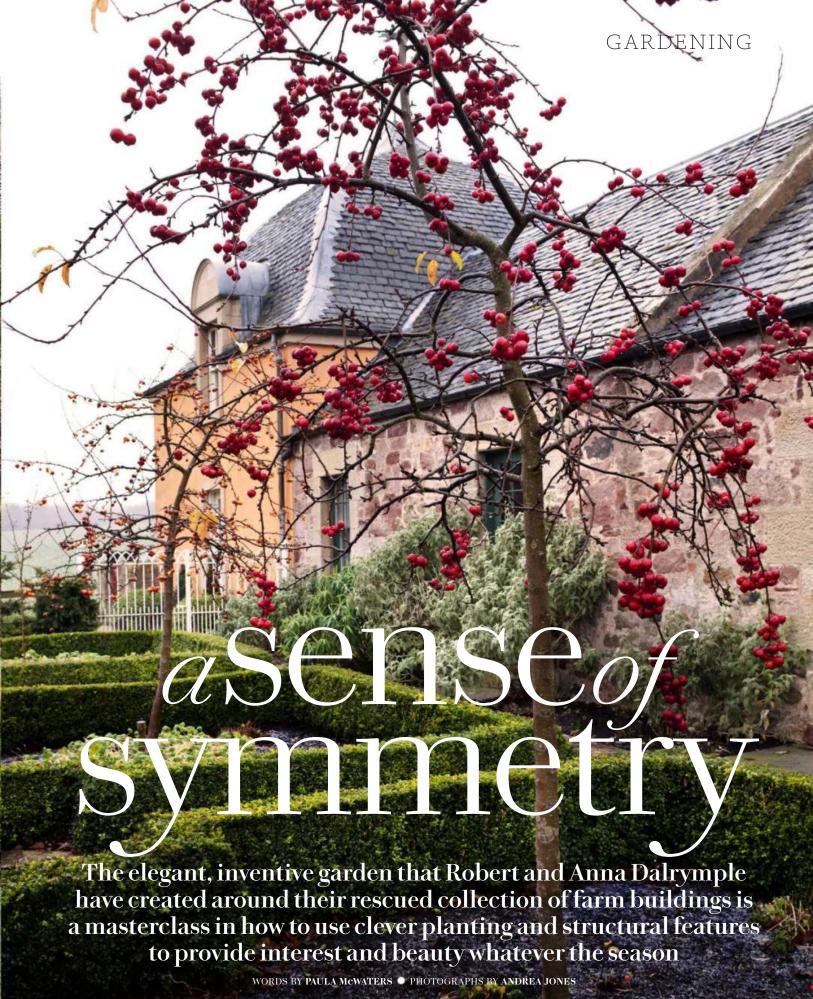
historic Belgian city has yielded many treasures for Lucie and Robert and given them a liking for the "murky, sludgy colours" that are traditional there. She has used the same distinctive lavender-grey shade in the bedroom, combined with a soothing green and a flash of Charlotte's Locks on one wall, to create a calm, restful setting for an elegant Gustavian wooden bed and chest of drawers. A large etched Art Deco mirror hangs above the headboard – just one of the many, of various shapes, sizes and vintages, found throughout the flat, which serve the practical purpose of bringing in more light as well as being decorative.

"Our staple diet is mirrors and paintings," Robert laughs. "All sorts of other pieces come and go but the mirrors just multiply." The flat is in a constant state of flux, with colours changing and furnishings ebbing and flowing between the family home and Robert and Lucie's customers – mostly other antiques dealers and fellow interior designers. The couple now use their knowledge to help clients find new ways to reinvent their space, while enjoying their own as a wonderful work in progress. Although, over the years, the area may have gentrified, it's reassuring to know that its bohemian spirit still lives on in this bright and beautiful domestic interior.

(1) For antiques and restoration work, vintage clothing and interior design and colour consultancy commissions, visit robertandlucie.com or email info@robertandlucie.com.











hat does it take to design a garden that looks good right through autumn and even into the depths of winter? It's a challenge that is hard to pull off in a reasonably sheltered plot but trickier still in East Lothian, where frosts arrive early and snow can lie on the ground for eight weeks at a time. When Robert and Anna Dalrymple bought Broadwoodside, a derelict farmstead, 25 miles east of Edinburgh in 1998, getting the garden underway was uppermost in their minds. "We had established a lovely one at our last house, so moving here to a sea of mud was depressing at first," Anna explains. "We felt that getting part of the garden in place would be good for morale."

One advantage they did have was that it was a blank canvas. So while the builders were restoring the tumbledown 16th-century farmhouse, barns and cattle sheds to elegant plans by Edinburgh architect Nicholas Groves-Raines, Robert immediately began applying his own skills as a designer of fine-art books to draw up detailed plans for the garden, starting with the courtyard.

A love of symmetry is evident wherever you look and is highly effective, especially in autumn and winter when the bones of the garden are laid bare. "I'm quite controlling," Robert says. "I spend my days arranging pictures and blocks of text on pages and I love straight lines, so I've used them everywhere. The only place they are not in evidence is where the geography defeated us."

The natural axis that runs through the long, relatively narrow strip of land on which the house sits has been emphasised with avenues of trees and hedging. At first, they planted beech hedges



but have since discovered that hornbeam establishes more quickly, perhaps because it copes better with extremes of wet.

Robert describes the process as "painting by numbers" – recognising the natural divisions in the space you have available, then working within them. In the upper courtyard he has created a graphic design that looks good in every season. A grid of 25 squares has been imposed, centred on an elaborate aviary for their parrot William, with the other squares grassed, paved or planted with evergreens, including rosemary, box, *Luzula sylvatica*, pachysandra and sarcococca. These sit, like mats, beneath eight mophead-pruned Norway maples (*Acer platanoides* 'Globosum'), and are planted with bulbs such as alliums and tulips for late spring/early summer.

"It couldn't be described as low maintenance," says gardener



Guy Donaldson, who keeps it trim, "but at least you can easily pull out the contents of a particular square and replant if something gets old and leggy. We have a changing cast in here." Guy has been with the Dalrymples since the garden's inception and he is key to its success, bringing Robert and Anna's ideas to fruition and then maintaining them. "A garden as controlled as this needs to be kept in peak condition," he says.

Clothing the house walls with climbers, including tough evergreens such as ivy and pyracantha, and trained fruit trees in more sheltered spots, provides interest throughout the colder months. Where there isn't room for a bed at the base of a wall, there are shrubs and trees in pots, often underplanted with a fringe of grasses. As a welcoming touch, there is a generous path to the kitchen door, flanked by small mophead trees such as Portuguese laurel (*Prunus lusitanica*) and *Phillyrea latifolia*, which clip well and are tough enough to survive extremes of weather. The borders in between are filled with perennials and in winter, when these have gone to ground, the dark patches of bare earth look calm and ordered.

Like many of the windows and doors of the house, the gate here is painted a warm red, which contrasts well with foliage and stone, and is always welcoming, even in winter drizzle. It harks back to the days when red oxide was once much-used on farm buildings because it was the cheapest paint available. Metal urns stand on the stone gateposts either side, creating an interesting silhouette against the sky and making the entranceway look just a little grander.

Although some of the focal points around the garden are high budget, others are homemade or are opportunistic finds used in a novel way, such as the cast-iron finial for their pet dogs' tomb, which they came across outside an Edinburgh junk shop. At the entrance to the kitchen garden is a whimsical gate featuring garden forks, inspired by one Anna and Robert had seen by the designer George Carter. Behind this, alongside raised vegetable beds and mixed flower borders, lies a long rectangular pool, which looks ethereal on a misty day. To make it highly reflective, the water is treated with dye, which is completely safe for fish, called Dyofix Pond Black. A screen of living willow surrounds it, creating a lattice of stems that seems to glow in the low light. When this gets too high, Guy cuts it back with a chainsaw and allows it to sprout again from the base.

Anna, whose job it is to add softness to Robert's linear schemes with freer planting, points out the crab apple trees that hang heavy with glossy red fruit in winter: "I like the fact that, although they were planted at the same time, they have all grown to different heights and aren't regimented." Despite Robert's desire to line everything up, nature sometimes has other ideas.

**DBroadwoodside is open annually for Scotland's Gardens (scotlandsgardens.org) and by arrangement for groups of ten or more. Visit broadwoodside.co.uk for details.

OPPOSITE, CLOCKWISE FROM TOP LEFT A cast-iron finial marks the grave of the family's dogs; in the courtyard, each of the bare Norway maples is surrounded by a mat of evergreen foliage to maintain winter interest; a red-painted gate provides a warm contrast to natural stone THIS PAGE
The flagstone path is flanked by clipped box shapes and small evergreen trees tough enough to withstand the harsh weather

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GARDENING





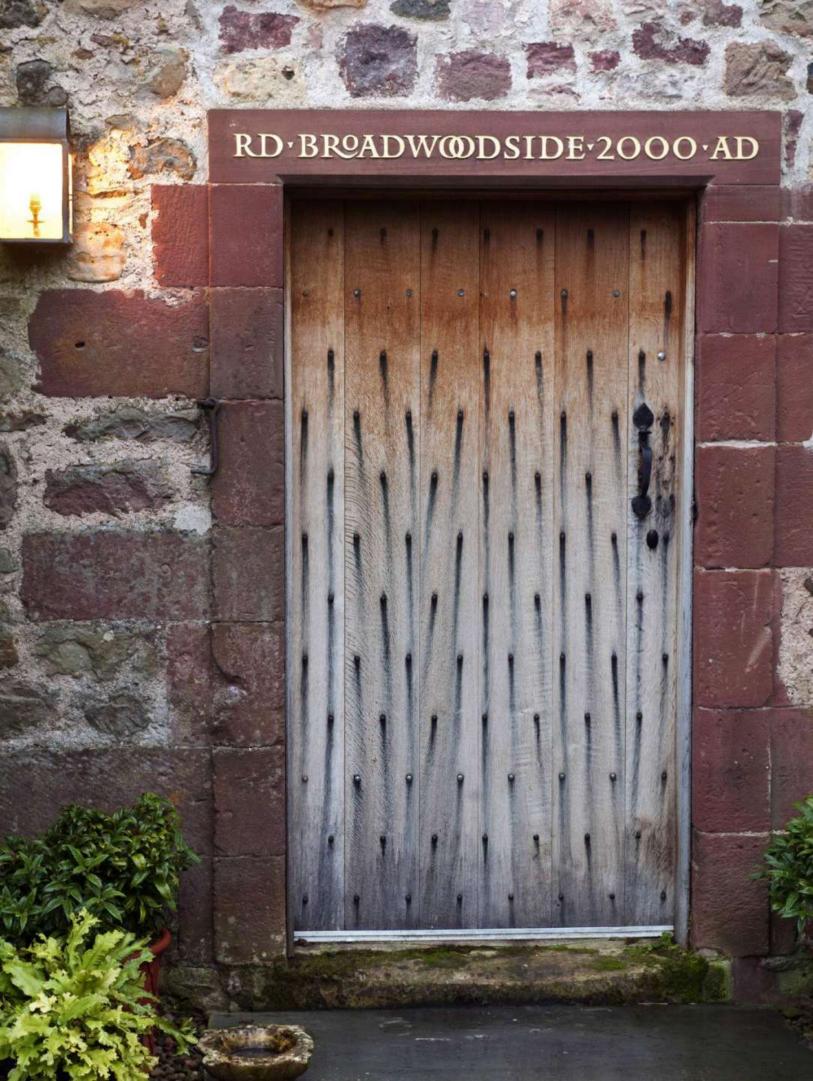




SCULPTURAL FOUND OBJECTS INTRODUCE DETAIL

While some of the features used to create the garden are expensive, many are much more affordable, being either homemade or opportunistic finds displayed in a novel way

THIS PAGE, TOP LEFT Inexpensive metal urns, bought by mail order, have been used to add gravitas to the kitchen gateway. The inscription in the stone below them reads, "Going to the dogs", as the path beyond the gate leads to the family's pet dogs' grave TOP RIGHT The gate opening into the kitchen garden adds a quirky touch with its design featuring three garden forks. Bought from B&Q, they have been fitted into a custom-made frame and liberally painted with durable Valtti Opaque exterior paint ABOVE LEFT The loggia wall has been painted a warm terracotta colour, bringing a beautiful Tuscan glow to the courtyard, even on a damp evening ABOVE RIGHT Another set of gateposts have been topped with wire baskets filled with local pebbles – a simple but stylish idea OPPOSITE Robert and Anna moved into the partly completed house in 2000, and their initials, either side of the gilded inscription, mark their commitment to the project



GARDENING









PLANT INTEREST IS KEY IN THE COLDER MONTHS

In a garden as neat and meticulously planned as this one, plants need to be kept in peak condition. Designed to look good all year, it could never be described as low maintenance

THIS PAGE, TOP LEFT This ceanothus bush was successfully cloud-pruned and grew against the wall of the courtyard until a couple of winters ago, when it didn't survive a severe frost. A tightly clipped buttress of pyracantha now takes its place TOP RIGHT The seed heads of cow parsley, growing freely beside the lake at Broadwoodside, create a delicate and beautiful structure in the mist ABOVE LEFT A screen of living willow forms a lattice of stems around the pool in the kitchen garden. When it gets too high, it is cut back with a chainsaw ABOVE RIGHT Flagstones for the paths in the garden, made of smooth Carmyllie sandstone, were salvaged from an old flax mill in Arbroath OPPOSITE These five globe-shaped *Prunus fruticosa* 'Globosa' trees were originally chosen for the squares in the upper courtyard but failed to thrive there, so were transplanted to the field behind the house





Sarah Raven's SUPERFOODS

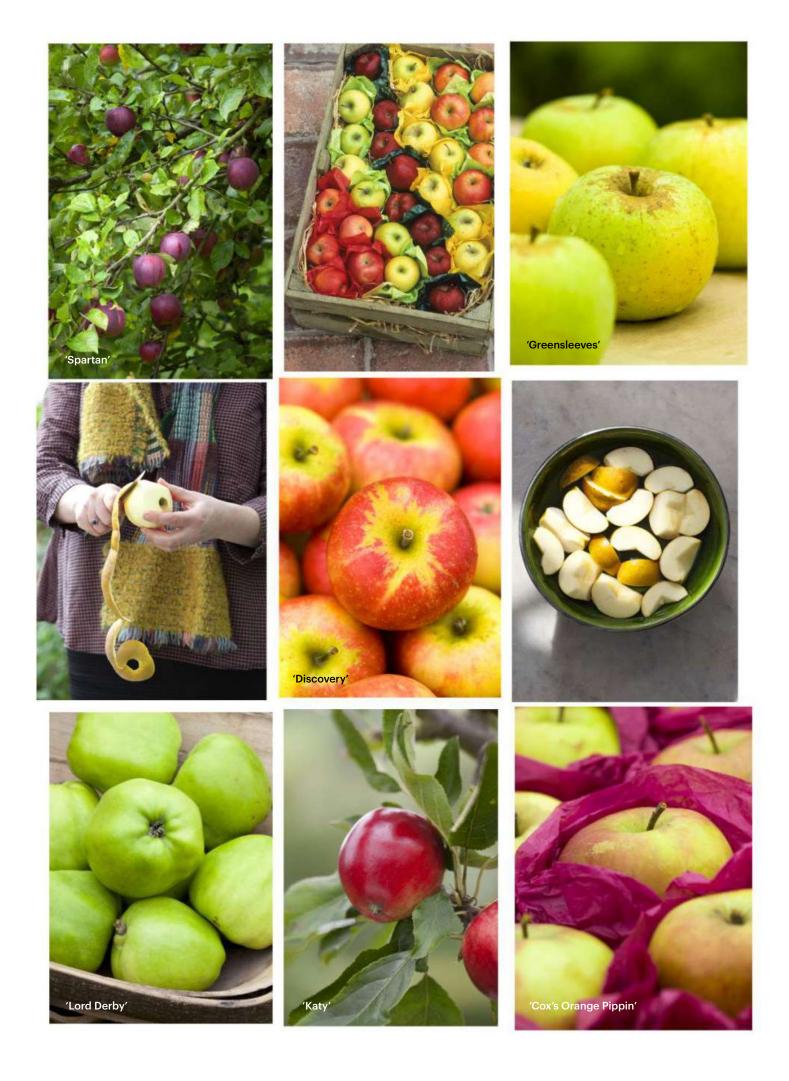


Every month, Sarah picks the healthiest fruit and vegetables to eat in season, with delicious recipes to make the most of their flavours and natural goodness

NOVEMBER: APPLES

WORDS, RECIPES AND FOOD STYLING BY **SARAH RAVEN** PHOTOGRAPHS BY **JONATHAN BUCKLEY**FOOD AND DRINK EDITOR **ALISON WALKER**

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s the saying goes, an apple a day will keep the doctor away. Cheap and widely available, this is one of the healthiest fruits on the planet – and they're at their best at this time of year. Enjoy them fresh, turn into healthy puddings, biscuits and snacks, cook with pork, poultry or game, or use as a base for jelly. Whether you eat them raw or cooked, leave the skin on, as it contains the highest concentration of fibre, as well as all-important antioxidants.

Apples are perfect for making jellies because they contain high levels of pectin that aids setting, but is very good for us, too. Pectin is a soluble fibre that has the ability to form a gel, which binds together water and toxins and so helps to remove poisons and bad cholesterol from our system.

Eating two apples a week has been shown to reduce asthma risk by up to a third, and this is likely to be related to the quercetin that is found in their skin. Quercetin is a flavonoid, also in onions, which helps the body dampen down inflammation. In addition, historical records show improved longevity for people who were living near orchards of Evesse cider apples in Herefordshire. These communities were regularly drinking the 'leftovers' from cider production and apparently this particular type of ancient apple contains a powerful antioxidant called epicatechin. It has now been proven that this helps to control blood pressure in a similar manner to beetroot juice, by reducing inflammation in the vascular system and liberating nitric oxide within the walls of blood vessels. The nitric oxide relaxes the arteries, hence increasing blood flow and boosting cardiovascular health.

Adding a bag of apples to your weekly diet is a good idea but choose organic if possible. Fruit cultivation is heavily reliant on chemicals and, as with strawberries, conventionally grown apples can have high levels of pesticide residue. Avoid bottled or cartoned apple juice and make your own if you can. There are fewer nutrients in bought juices and they have a very high sugar content, although the cloudy apple variety (which retains more of its fibrous pulp) is better than the clear, filtered kind. Why not boost your weekly intake with some of these recipes?



ROWAN AND APPLE JELLY

standing Cooking I hour Makes 12 x 75ml-100ml jars
This is my favourite-ever jelly. It's smoky and tart, perfect with venison or any game and lovely smeared on corn on the cob. It is the most beautiful colour and should be totally clear, like looking through coral-coloured Venetian glass. Use Xylitol, which you can find in health-food shops, instead of cane sugar for a healthier jelly.

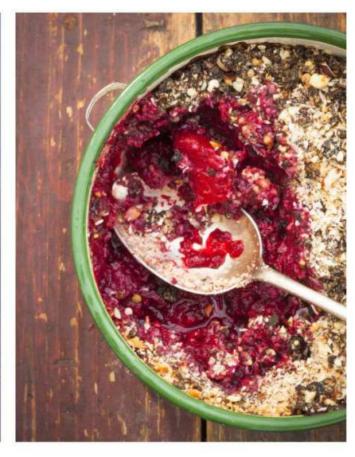
Preparation 30 minutes, plus

2kg rowanberries 1½kg apples, cut into rough chunks, unpeeled and pips left in granulated sugar (or Xylitol)

- ① Pick the rowanberries from the stalks and wash. Cut the apples into chunks. Put the rowanberries and apples in a pan and just cover with cold water. Simmer for 30-40 minutes until pulpy.
- Strain through a jelly bag overnight - do not squeeze

- but instead allow the juice to drip naturally to prevent the jelly becoming cloudy.
- Measure the juice in a measuring jug and add the same amount of sugar (or Xylitol) by bulk for example, 600ml juice equals 600ml sugar.
- 4 Heat until the sugar has dissolved, then boil briskly to setting point. As you start to cook, put a saucer in the fridge. When you think the jelly is ready, take the saucer from the fridge and put 1 tsp of the juice on it. When cool, it should wrinkle when you touch it with your finger. Alternatively, use a jam thermometer: when it reaches 105°C-106°C, the jelly will set. This usually takes about 20 minutes, but test after 10 minutes. Remove any scum from the top and pour into hot, sterilised jars and seal. You can eat this straightaway, but it will keep unopened for up to a year.

countryliving.co.uk NOVEMBER 2015 🚅 175



PHEASANT, CHESTNUT AND APPLE CASSEROLE

Preparation 25 minutes Cooking 1 hour 50 minutes Serves 4

A classic combination for this time of year. As well as the apples, there are healthy chestnuts here, the only nut low in fat and therefore relatively low in calories, about a quarter that of hazelnuts and walnuts. Like olive oil, chestnuts contain high concentrations of monounsaturated fatty acids, which are beneficial to the heart.

2 pheasants
2 tbsp seasoned flour
3 tbsp olive oil
4 onions (about 500g),
peeled and quartered
2 leeks (about 600g),
finely sliced
10g thyme leaves on stalks,
a couple reserved for garnish
200g cooked vacuumpacked chestnuts
200ml chicken stock
200ml apple juice, home
juiced or cloudy

2 dessert apples, cored and quartered

- Heat the oven to 180°C (160°C fan oven) gas mark
 Roll the birds in the seasoned flour.
- 2 Heat 2 tbsp oil in a hob-proof casserole and gently fry the pheasants until golden brown all over. Set aside.
- 3 Add the remaining olive oil, onion, leek and thyme and cook over a medium heat for 10 minutes. Stir in the chestnuts.
- 4 Pour in the stock and apple juice. Place the pheasants breast side down on top of the onion and leek mixture. Put on the lid and place in the middle of the oven for 45 minutes.
- Turn the pheasants breast side up and add the apple. Cook for a further 45 minutes. Remove the lid for the last 15 minutes.
- 6 Discard the thyme stalks. Taste the juice and season

with a little salt and pepper to taste. Serve the pheasant sprinkled with fresh thyme leaves and a spoonful of the juices.

BLACKBERRY AND APPLE CRUMBLE

Preparation 25 minutes **Cooking** 25 minutes **Serves** 4-6

A no-flour, no-sugar, no-butter crumble top, which sounds very unpromising, but is light and delicious, excellent as a pudding and just as good cold for breakfast the next day served with a dollop of yogurt. Add scented pelargonium leaves into the fruit-base mix if you have any in your garden – they give a delicious, fragrant flavour.

4 Granny Smith apples (do not use Bramley), peeled, cored and sliced into chunks 400g blackberries 1 tbsp coconut oil 2 tbsp agave syrup* ½ tsp cinnamon FOR THE TOPPING 100g dates 50g hazelnuts 50g almond flakes 50g oat flakes 20g coconut flakes 2 tbsp coconut oil

- 1 Heat the oven to 180°C (160°C fan oven) gas mark 4.
- 2 Put the apples into a pan with the blackberries, coconut oil, agave syrup and cinnamon, and heat gently for 10 minutes, stirring occasionally.
 - Meanwhile, for the topping, whiz the dates and hazelnuts together for 30 seconds or so. Add the almond, oat and coconut flakes with the coconut oil and whiz again for about a minute until you have an even mixture, but stop well before it gets too fine and dusty.
- 4 Pour the fruit into a pie dish, top with the crumble topping and bake in the oven for 15 minutes.



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FOOD AND DRINK season. Dusted in cornflour, they stay dry and separate.

BLACKBERRY AND APPLE FRUIT **LEATHERS**

Preparation 20 minutes Cooking 15 hours Makes 3 x 30cm x 40cm trays This is a chewy, intensely flavoured, healthy snack made from fruit pastes, not juice. Use apple as the base and then add strawberry, raspberry, plum or blackberry. You sieve out a little, but much of the fibre is retained. If kept airtight, the high natural sugars and acid content mean you can store them for at least a year, so make batches as a range of fruit comes into

1.5kg dessert apples, cut into rough chunks, unpeeled and pips left in 500g blackberries 1 tbsp cornflour

- **1** Line three baking trays with greaseproof paper. Stew the fruit down to a thick pulp (this can take up to an hour).
- 2 Using the back of a wooden spoon, push the pulp through a fine sieve into a large bowl.
- **3** Pour the sieved purée in a thin layer onto the lined baking trays and spread evenly with a spatula.
- 4 Put the trays in the oven on its lowest setting for 10-14 hours until the fruit is completely dry.
- To prevent sticking, once cool, dust both sides with cornflour and cut into strips. Store in an airtight jar or tin.
- 🕖 Sarah has written a number of bestselling gardening and cookery books, and runs a range of courses from her home at Perch Hill in East Sussex. Visit sarahraven.com for more details.



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Traditional cottage-garden scents such as rose, lavender, lily of the valley, jasmine and iris are being given a fresh new twist by today's top perfumers in a collection of evocative floral fragrances WORDS BY KATE LANGRISH PHOTOGRAPHS BY NASSIMA ROTHACKER STYLING BY POLLY WEBB WILSON ROSE Crushing rose petals into a bowl of water as a child is often the first experience of 'perfume' for many of us - and there wasn't a great deal more sophistication to the rose waters that used to line dressing tables. But recent advances in extraction techniques are revealing different aromas within this romantic bloom. "We are now able to use new extracts, which reveal unexpected facets of flowers. For example, we can highlight the delicate, fresh petal note of rose," explains perfumer Anne Flipo, the nose behind fragrances for Cacharel, Lancôme, YSL and L'Artisan Parfumeur. This has meant that rose, traditionally a heart note, is now appearing as a soft, top one - such as the bright rosewater that comes before the more sensuous rose heart scent in Liz Earle Botanical Essence No.20 (£49 EDP, lizearle.com) - and can also reveal its darker side, as in the earthier fragrance of Frederic Malle Une Rose (£205 EDP, liberty.co.uk). In Rosier (£85 EDP, nancymeiland.com), perfumer Nancy Meiland has taken the celebration of the flower a step further with a 'soliflore' perfume, which means all parts of the plant are captured. "When it comes to rose-based scents, I've always avoided anything too fusty, dusty or saccharine. I was interested in depicting the whole flower, including the very slightly 'acid' moment the dewdrop forms on the petal, the peppery thorns and hay-like, buttery notes in the base," Nancy explains. The result is a wild, rambling briar rose fragrance. NOVEMBER 2015 **183**





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e all want to have good teeth and a bright, gleaming smile, but this doesn't always come naturally. Maintaining

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Tranquillity sets in from the first step into the low-lit wooden passageway between Seaham Hall in Durham and its aptly named Serenity Spa, where British skincare brand ishga utilises the therapeutic properties of Scottish seaweed. Indulge in the Invigorating Massage (£70 for 60 minutes) for which the seaweed is enhanced with lemongrass and juniper, before retiring to the heated beds of the Zen Lounge overlooking the outdoor hot tubs and 37-acre clifftop estate. Seaham Hall (O1915161400; seaham-hall.co.uk). Book an ishga spa day from £110pp, or an ishga spa break including dinner, B&B and a spa treatment for £213pp per night.

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ON CHILLY DAYS, WARM UP COLD

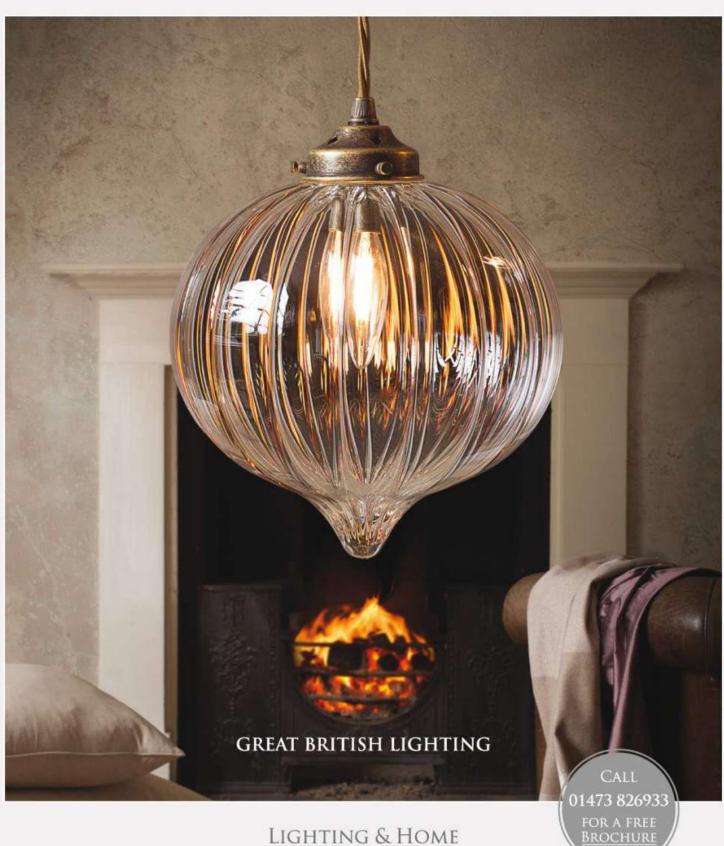
AND ACHY MUSCLES with Botanicals Himalayan Rose Mineral Bath Soak made with Dead Sea salt and Himalayan rock crystal combined with essential oils of rose, ylang ylang and lavender (£24.95, botanicals.co.uk). For more tips and products, see netdoctor.co.uk.

NATURE'S MEDICINE CABINET

Aloe vera Forget the pretty vase of flowers if there's one thing that should be on your kitchen windowsill, it's an aloe vera plant. Soothe burns by breaking off one of the leaves and rubbing on the natural gel. The same anti-inflammatory and cooling qualities mean it may also be useful for digestive issues, such as IBS, and menopausal symptoms including hot flushes.

Rich with vitamins B, C and E, as well as a substance called acemannan, aloe vera is also thought to aid the immune system. You can peel the leaves and blitz the gel-like middle to add to smoothies, or buy aloe juice or gel in most health-food shops. The whole leaf contains the laxative substance aloin. but there is less of an effect with the pure inner-leaf juice.*





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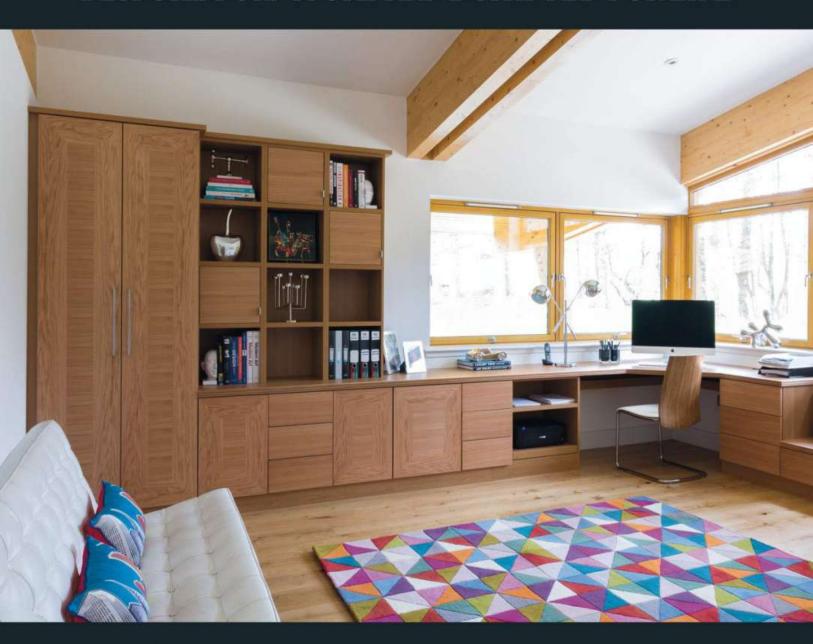


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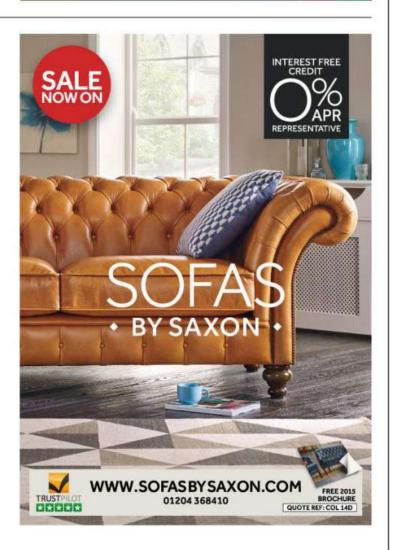
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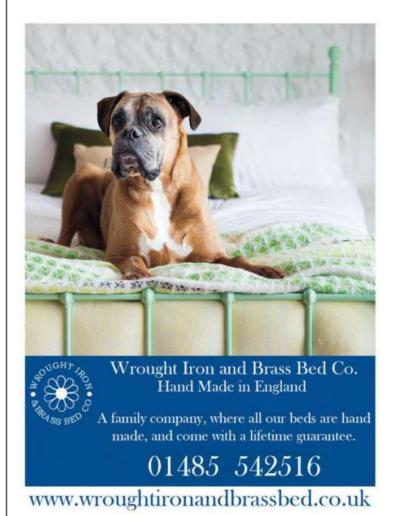
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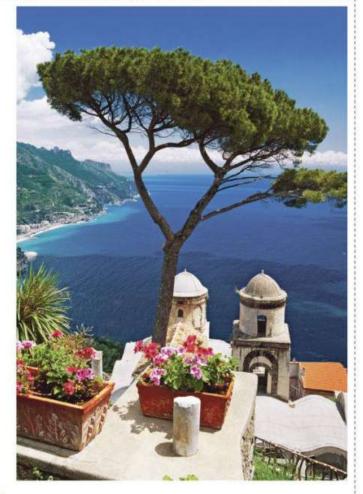
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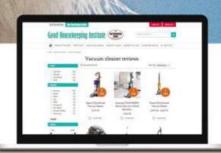
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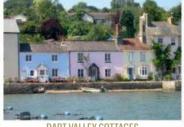
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216	BATHROOMS		FURNISHINGS
224	BEDS & BEDDING	216	GARDENS
217	BUILDING & HOUSE	224	GATES & FENCING
	DECOR	224	GENERAL INTEREST
225	CHARITIES	218	HOME INTEREST
212	CHRISTMAS GIFTS	215	HOUSE & GARDEN
225	COUNTRY BREAKS	224	HOUSE SIGNS
225	COURSES	216	HOUSESITTING
217	DOORS & WINDOWS	224	INTERIOR DESIGN
225	FASHION	225	JEWELLERY
215	FIRES, STOVES	223	KITCHENS
	& HEATING	216	LAMPS & LIGHTING
223	FLOORS & FLOORING	224	PETS & LIVESTOCK
224	FURNITURE &	224	SOFT FURNISHINGS

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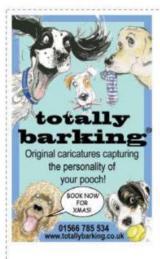




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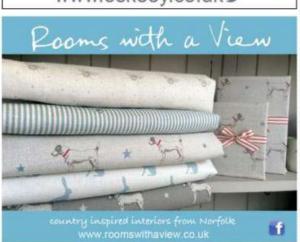


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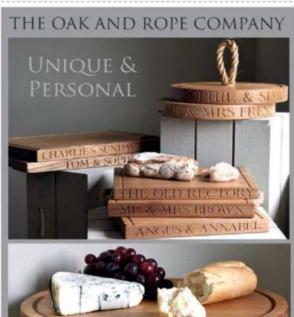
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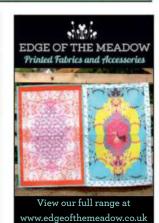
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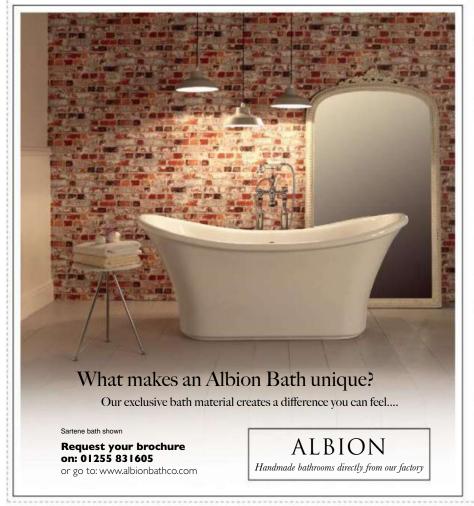


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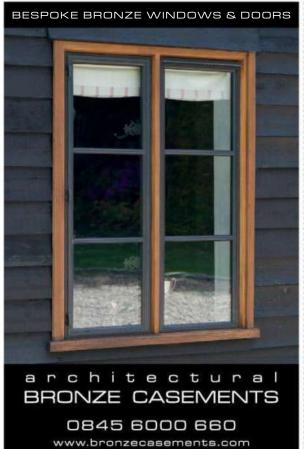
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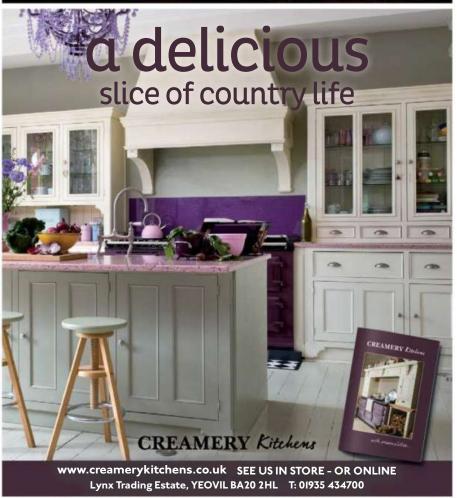
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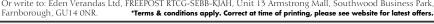


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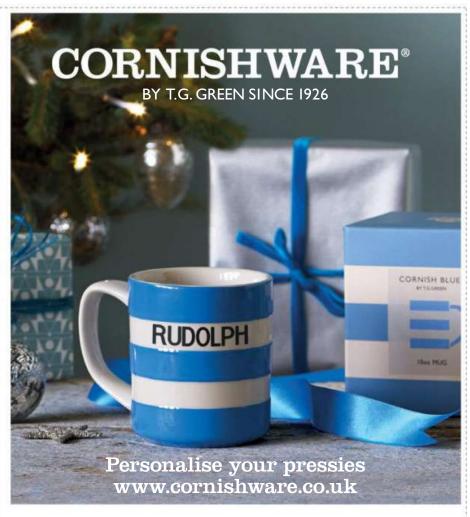


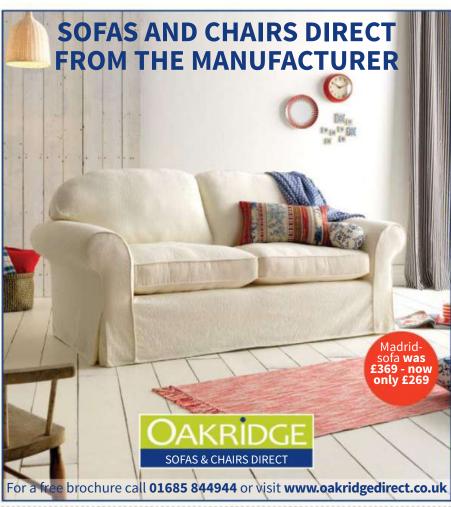


















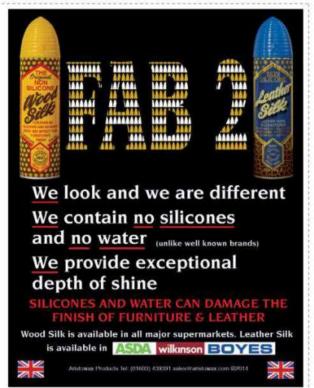




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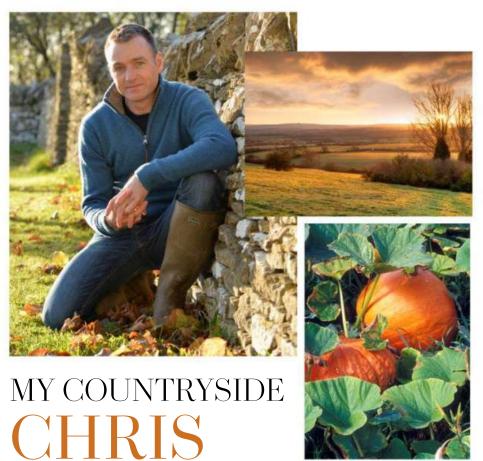
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The gardener and broadcaster relishes the rituals and abundant harvest of autumn

All my children have a

BEARDSHAW

As a gardener, November is all about preparation and anticipation. The hard work, the forming of ideas and the execution take place now. People don't realise that if they've a 'paradise picture' in their mind of how they'd like their garden to look, it's not in spring or summer that they can make that happen - it's created by the foundations laid down in November. It's an amazing time of the year in horticulture. Plants that have been bursting with life in summer start to slow down - it's as if they've heaved a deep sigh and decided to rest for the winter. I remember my grandparents growing pumpkins. My grandfather had a real obsession with size when it came to his vegetable patch. I think it was very much part of the post-war mentality. I have ridiculous pictures of me standing next to his runner beans when I was four or five, and the bean itself, not the plant, is nearly as high as me. As you can imagine, his pumpkins were something to behold.

I love the pumpkin at Halloween [Chris's daughters are mis aged seven, nine and 16] - we hold elaborate carving competitions, which mornings I nearly always lose. Then we put them on and clear the gatepost with lights flickering inside - it's all part of the spirit skies at of autumn. It was my grandmother

who started me gardening. She bought me a packet of seeds and a yellow watering can for my fourth birthday, to my

delight. She left school at 12 or 13, then taught herself everything she needed to know about plants. The lack of formal training meant that she had a very irreverent approach to horticulture, which I loved. I remember CLOCKWISE FROM FAR LEFT Chris grew up in Worcestershire and now lives in the Cotswolds. He has fond memories of the giant pumpkins grown by his grandfather in his vegetable patch

one occasion when my grandfather stayed out too late at the working men's club, so she planted flowers in his boots and left them on the doorstep. We always wait until the first heavy frost hits to go looking for sloes. Then we jump on our bikes and ride around the lanes picking them to make juice, gin and jams. People often gather them earlier but you've got to wait for the frost as it's the cold that turns the starches into sugars and sweetens the fruit. That's why our late-season apples are so sweet and juicy. It's easy to complain about the weather in November, but I think it's fabulous. You just have to remember that it's all part of the essential sequence of events that enables us to have such a diversity of plants in this country. All those misty mornings and clear wintry skies mean that flower buds have time to form, so the plants are ready to burst forth in spring. I settled in the Cotswolds as it's quite near where I grew up in Worcestershire. When I was young, I lived in a very rural community. I had three people in my year at the village school and if there was work to be done on the farms, it would close. I used to pitch

> in with the hop and soft-fruit picking in late summer. I was lucky to have an idyllic childhood. We roamed the fields and woodlands, fell into streams, made treehouses and dams. My mum had a bell, and, when meals were ready or I was needed, she'd stand

at the bottom of the garden and ring it, and my dog and I would come running. I'm sure that my upbringing led this time sure that my upbringing led to what I do now. I wanted a very similar experience for very similar experience for my children so they could also enjoy the freedom that the countryside offers.

> **7** For Chris's top tips on illuminating, creating atmosphere and keeping your garden secure with Philips Outdoor Lighting, see bit.ly/philipsuk.





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